

KNOW YOURSELF

Identify your values, interests, personality type and skills.

EXPLORE OPTIONS

Research career options.

Career Decision Making Model

KNOW YOURSELF

EXPLORE OPTIONS

TAKE ACTION

GAIN EXPERIENCE

Further develop your skills, network and job search strategy.

Reality-test fields of interest.

TAKE ACTION

GAIN EXPERIENCE

CAREER DECISION MAKING MODEL

KNOW YOURSELF

The first step in making a career decision is to identify your values, interests, personality type and skills. These important “who am I?” pieces will help you generate career ideas that may be a good fit.

How can I assess my values, interests, personality and skills?

- Meet with a Career Counselor.
- Take career assessment(s).
- Speak with family, friends, mentors and colleagues about your strengths and interests, and how they align with potential careers.

Reflect: What careers align with my values, interests, personality and skills?

EXPLORE OPTIONS

Research career options to learn more and narrow down your list of possibilities.

How can I learn more about careers I am interested in?

- Research job titles, industries and companies online.
- Conduct Informational Interview/s with professionals in a career you are considering.
- Job shadow.
- Learn about careers that are related to your major.
- Explore what UCR alumni have done with their degrees using LinkedIn’s “Find Alumni Tool.”
- Attend the Career Center’s Job Discovery Series panels each quarter.
- Join a student organization.

Reflect: Which career path(s) am I most interested in?

GAIN EXPERIENCE

Reality-test your career ideas by getting experience in fields of interest.

How can I gain experiences that will help me clarify my career goals?

- Get an internship or part-time job.
- Get involved in research with a faculty member.
- Volunteer.
- Take on a leadership role within a student organization.
- Attend career fairs and employer information sessions.

Reflect: What career path would I like to pursue?

TAKE ACTION

Further develop your skills, network and job search strategy for the career path you plan to pursue.

What is my career action plan?

- Continue to gain experience, and build skills in your career field.
- Research and apply to graduate or professional school, if needed.
- Proactively develop and maintain your network.
- Have your resume and cover letter critiqued at the Career Center.
- Practice your interview skills.
- Attend career fairs and recruiting events.
- Join professional associations.
- Develop a strong work ethic, and refine your professional etiquette.

Reflect: Continuously evaluate your career goals. Your values, interests and skills may change over time.