Self-Exploration:

Choosing a Major and/or Career

CBU Career Services
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WHO ARE YOU? A GUIDE TO SELF-ASSESSMENT

In order to know where you want to go in life, you have to know who you are. Self-awareness is the first step in the career development process. When making career decisions, it is important to implement **the four areas of your self concept: personality, interests, skills and values**. Increasing your awareness of these four areas will help you choose a career path that will be a better "fit" for you. Not everyone is cut out for the same job. Salary means nothing if going to work every day makes you miserable! There are many great careers out there that are consistent with your personality, skills, values and interests. To get an idea of what they might be, meet with a career counselor and sign up for Career Quest, a comprehensive set of inventories, which includes the MBTI and Strong Interest Inventory. These inventories will assess your self-concept and provide you with potential major and career paths to consider.

CAREER QUEST

Instructions for MBTI (Type Focus)

- Go to site address: **https://typefocus7.com/userLogin**
- Click on the green "**Register**" button. Enter in name, email, desired password, etc.
- Enter Access Code: **CBU2020** (Note: no spaces in password; not case sensitive)
- Click on "**Step 1: Self-assessment**"
- Click on "**Personality**". Take assessment.
    - Pick the choices indicating your actual response, rather than any response you believe you "should" have. There are no "right" or "wrong" responses.
- Review information about your results and personality type through the various tabs, as well as the occupations that are matched to your personality.
- ***Optional:*** Complete the optional "**Interests**", "**Skills**", and/or "**Values**" self-assessment modules. You can then review careers that match these various individual or combined self-assessment results.
- ***Optional:*** Explore careers that fit your results by clicking "**Step 2: Explore your options**" and begin to narrow your choices for potential majors and careers.
- ***Optional:*** Start developing a specific plan for further exploration and experience-gaining activities through completing "**Step 3: Create your career roadmap**".

Instructions for the Strong Interest Inventory

- Go to site address: **www.tinyurl.com/cbustrong**
- Complete the Registration page with your **name, email, phone number** and the **password of your choice** (please note password criteria).
- Fill out the Demographic information page with **your identified gender**. All other demographic questions are optional.
- Click on the "Begin" button next to the Strong Interest Inventory.
    - Complete the instrument by answering EVERY QUESTION and click on the "Done" button.
- If you are not able to finish in one sitting, please click on "Save & Complete for Later." Use the log-in information you created to return to your in-progress assessment. This will allow you to resume where you left off.
- **In order to get your Strong Interest Inventory results, you must meet with Cathy Lantrip, the Assistant Director. Send an email to clantrip@cbu.edu to schedule an appointment time.**

Majors Checklist – Which Ones Interest You?

CBU has dozens of majors for traditional students to choose from! (Additional majors are available in the evenings through our College of Adult Professional Studies, but those majors are not offered to traditional day students.)

Arts Majors	Business Majors	Engineering Majors	Science Majors
Applied Psychology: Creative Writing Education-related majors: • Cultural Studies • Early Childhood (Pre-K-3) • English Education (6-12) • History Education (6-12) • Liberal Studies (K-5) • Liberal Studies Education, Licensure for Grades K-5 • Special Education English English for Corporate Communications History Psychology Religion & Philosophy: • Philosophy • Religious Studies Visual Arts: • Art Therapy • Graphic Design • Studio Arts	Accounting Business Administration • Banking • Finance • Interdisciplinary Studies • International Business • Management • Management Information Systems • Marketing • Sport Management	Chemical Engineering • Biochemical Engineering • Traditional Chemical Engineering Civil Engineering Electrical Engineering • Computer Systems • Electronics & Systems Electrical Engineering & Computer Science Engineering Management • Construction Management • Data Analytics • Packaging • Sustainability Mechanical Engineering	Biochemistry Biology Biomedical Sciences Chemistry Computer Science • Business • Cybersecurity • Engineering Computer Science & Mathematics Cyber Security & Digital Forensics Ecology Engineering Physics Health Science BS Mathematics • Business • Engineering • General Science • Liberal Arts BA Mathematics Education (6-12) Natural Science Natural Science Education (6-12) Nursing (RN to BSN) Nursing (Traditional) Physics

Arts Minors	Business Minors	Engineering Minors	Science Minors
American Studies Anthropology Art Therapy Cognitive Neuroscience Creative Writing Criminology Education Engineering Psychology English Graphic Design History Humanities Language Peace Studies Philosophy Political Science Psychology Religious Studies Sociology Theatre Arts Visual Art Professional Writing Certificate	Accounting Banking Business Administration Economics Finance International Business Management Management Information Systems Marketing Sport Management	Construction Management Electrical Engineering Packaging Unmanned Aerial Systems	Biology Chemistry Computer Science Mathematics Physics Public Health

Interdisciplinary Programs

Majors	Minors
Interdisciplinary Studies (Build Your Own Major)	Global Studies Sustainability Studies Women's & Gender Studies

For more help with major decisions, check out the CBU Catalog: http://www.cbu.edu/academic-catalog

For career options, see the "What Can I Do with a Major In…?" series: http://www.cbu.edu/what-can-i-do-with-a-major-in

Contact Career Services to schedule a career counseling appointment: career@cbu.edu