

Career Advising

HOW TO INCORPORATE CAREER CONVERSATIONS WITH YOUR STUDENTS

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Agenda

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Introduction to Career Advising

Self Exploration

Major to Career

Tough Conversations

Resources

SESSION OBJECTIVES

**RECOGNIZE THE IMPACT OF THE ADVISOR-ADVISEE
RELATIONSHIP WITH UNDECLARED STUDENTS**

UNDERSTAND THE CHALLENGES UNDECLARED STUDENTS FACE

**BE ABLE TO IMPLEMENT AT LEAST ONE ADVISING
TECHNIQUE TO HELP UNDECLARED STUDENTS**

NAVIGATE HOW TO CONNECT STUDENTS TO RESOURCES

FURTHER THEIR MAJOR/CAREER EXPLORATION JOURNEY



Share Your Thoughts

WHAT IS THE FIRST WORD THAT
COMES TO MIND WHEN
ADVISING **UNDECLARED**
STUDENTS

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text HEATHERDIFIN731 to 37607

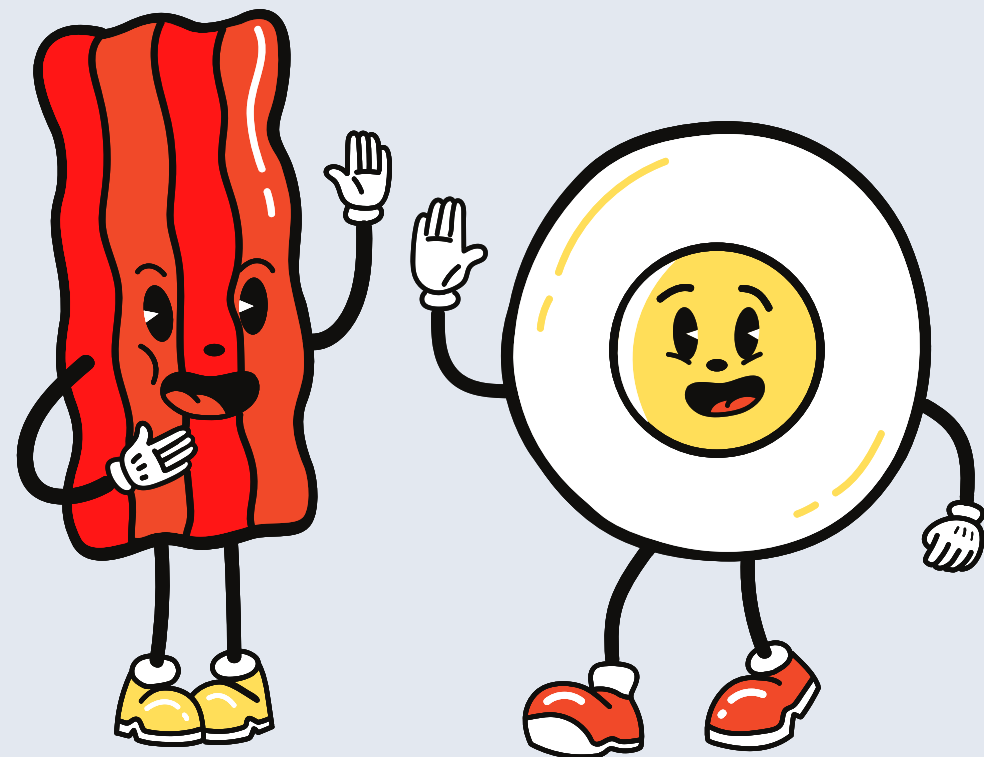
ACADEMIC ADVISING

Academic advising is a developmental process which assists students in the clarification of their life/career goals and in the development of educational plans for the realization of these goals. It is a decision-making process by which students realize their maximum educational potential through communication and information exchanges with an advisor; it is ongoing, multifaceted, and the responsibility of both student and advisor. The advisor serves as a facilitator of communication, a coordinator of learning experiences through course and academic progress review, and an agent of referral to other campus agencies as necessary. -Winston, Jr. R. B

CAREER ADVISING

Virginia Gordon (2006) describes it as a dynamic, interactive process that “helps students understand how their personal interests, abilities, and values might predict success in the academic and career fields they are considering and how to form their academic and career goals accordingly” (p.12). It is different from the more psychologically intense career counseling that seeks to assist students with the complex career-related personal concerns. (Gordon, 2006).

One of these things is not like the other...



SIMILIARITIES

Grounded in student development and student learning theories, listening, reflecting, communicating, challenging, supporting, caring, and referring

DIFFERENCES

Unique Career Resources and knowledge, Possible ongoing relationship building, Student Development Theories



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Or TEXT

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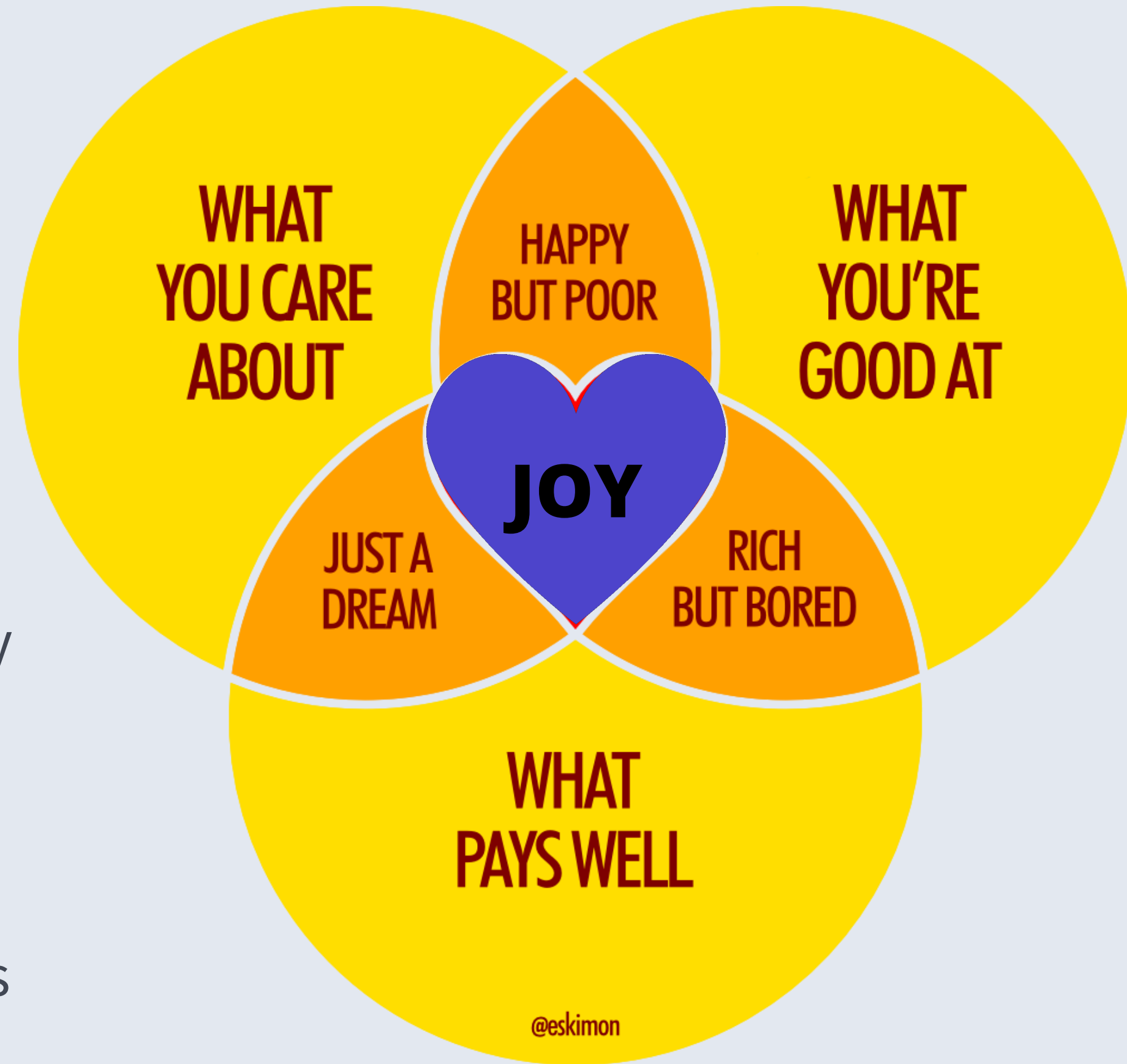
WHEN I
GROW UP
I WANT
TO BE...

Introduction

CAREER ADVISING 101

Career Advising is an important element in the growth and exploration of students and adults. It is known to help aid in retention and impact a student's ability to successfully persist to graduation.

It requires an advisor to help the student better understand themselves, their options and how to act and is a life long process.





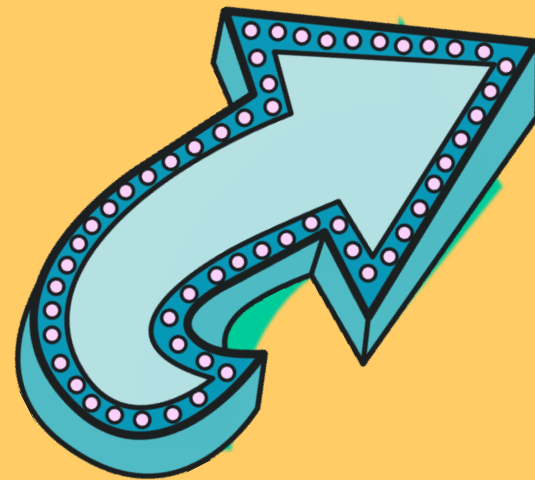
MYTH VS. REALITY

**Your Major Does Not
Determine the Rest of
Your Life... You Do.**

THE SELECTION OF A MAJOR DOES NOT **LOCK** THEM INTO ONE CAREER, ONE SHOULD BE ENCOURAGED TO SEE IT AS **UNLOCKING** A NUMBER OF CAREER OPPORTUNITIES

Career Planning

A Life-Long Process



Step 1

Who am I? What are my interests, skills, values and personality style?

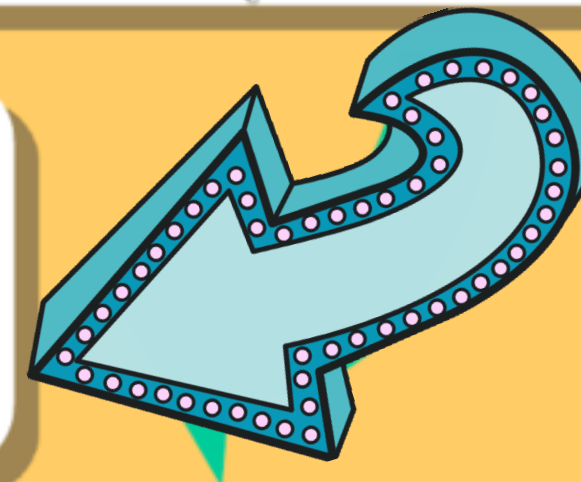


Step 2

What do I want?
What are my options?

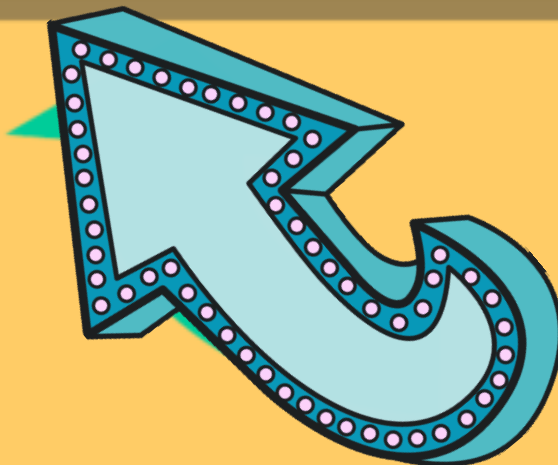
Step 3

How do I get there?
What am I willing to do?



Step 4

What is my plan to get to my goal?



STEP ONE: SELF EXPLORATION

- INTERESTS/PASSIONS
- VALUES
- ABILITIES/STRENGTHS
- SKILLS
(TRANSFERABLE)

Interests:

O-Net: MyNextMove

HollandCode

Values:

<https://personalvalu.es/>

<https://www.valuescentre.com>

Assessments

CareerOneStop.Org

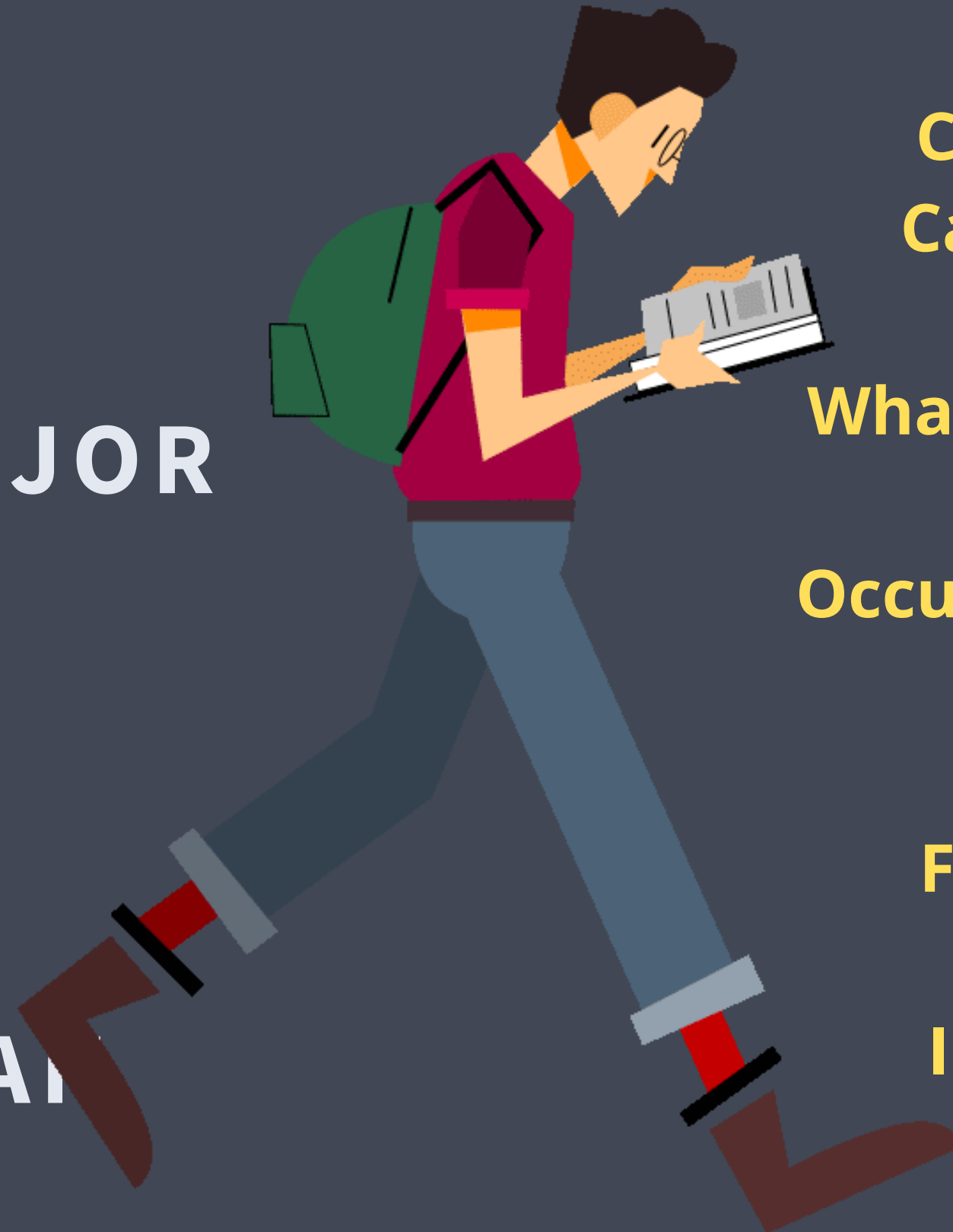
Strong Interest Inventory, Myers Briggs Type Indicator Assessmen, CliftonStrengths, etc.

Occupational Outlook Handbook:

<https://www.bls.gov/ooh/>

STEP TWO: RESEARCH & EXPLORE CAREERS AND MAJORS

- WHAT DO WE OFFER?
- WHAT IS REALISTIC?
- WHAT DOES THAT MAJOR LEAD TO (CAREER OPPORTUNITIES)?
- WHAT DOES THAT CAREER LOOK LIKE?
- DEVELOP ACTION PLAN



Candid Career
Career Explorer
Vault

What Can I Do With A
Major In
Occupational Outlook
Handbook

O*Net
Field Research
Shadowing
Informational
Interviews

STEP THREE: EXPERIENTIAL LEARNING OPPORTUNITIES



- TAKE A CLASS RELATED TO THAT SUBJECT
- JOIN A CLUB OR VOLUNTEER
- SHADOW SOMEONE IN THE FIELD
- INFORMATIONAL INTERVIEW
- INTERNSHIP OR JOB
- NETWORK & PROF PROFILE
- DEVELOP A SKILL SET

STEP FOUR: BUILD YOUR PROFESSIONAL BRAND & YOUR PLAN

PREPARE DOCUMENTS

PRACTICE YOUR SKILLS

HAVE A PRESENCE ONLINE

WORK ON PROFESSIONALISM

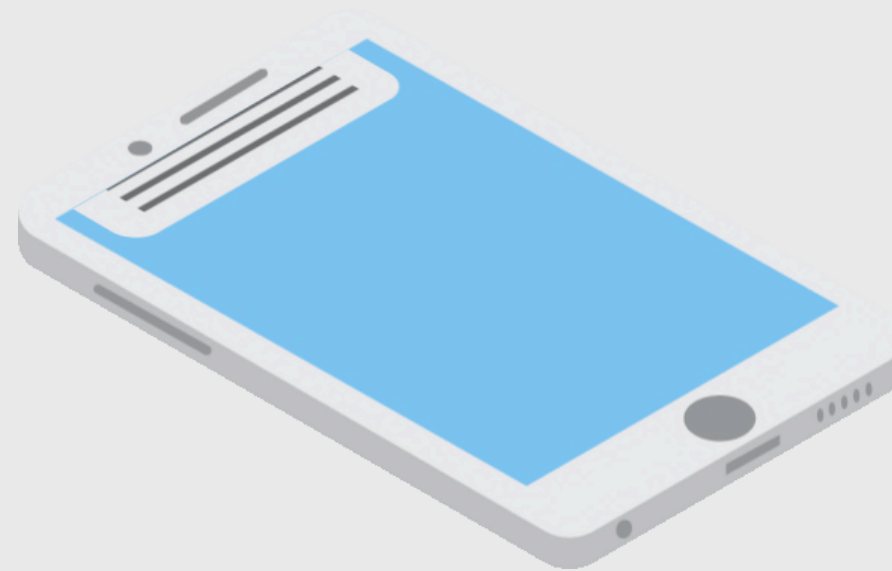
**BEGIN PLANNING YOUR NEXT
MOVE**

The 3 I's

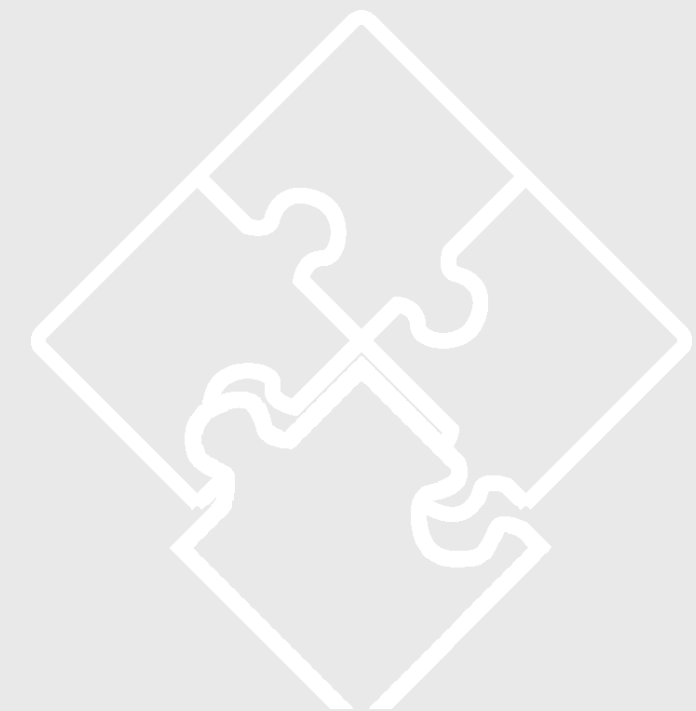
HOW TO START HARD CONVERSATIONS



Inquire



Inform



Integrate

REFRAMING

**WHAT DO YOU WANT
TO STUDY?**



**As a child, what did you
want to be when you
grew up?**

**WHAT MAJOR ARE
YOU
CONSIDERING?**



**What would you do if
you couldn't fail?**

**WHAT DO YOU
WANT TO BE?**



**If you never had to work
at all, how would you
spend your time?**



What if they just don't know?

ACKNOWLEDGE & NORMALIZE

- Its Ok to not know
- Find out what they know, like, dislike
- Empower them to explore themselves

EDUCATE

- Share stories that that show career paths are not linear
- What do they know? Dispell myths.
- Understanding what they don't and do like
- How to search/where to look?

WHEN ALL ELSE FAILS

- Refer to Career Services
- Share website resources
- Connect them to departments

Major Career



YOU ARE MORE THAN YOUR MAJOR

WHAT CAN I DO WITH A MAJOR IN

Most majors and fields have transferable skills and lead to many different possible career opportunities.

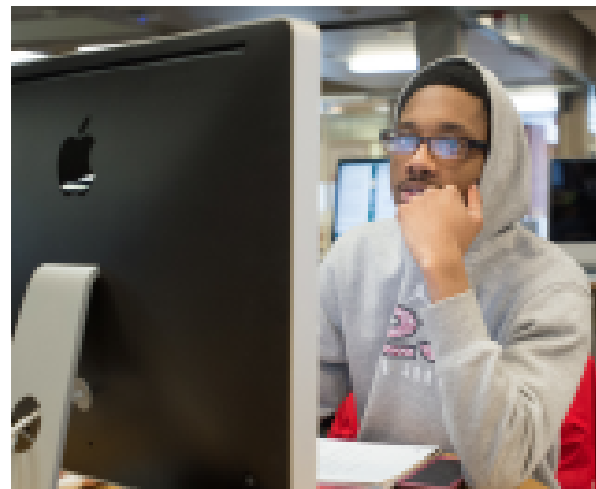
O*NET

Exploring Careers, Assessments, World of Work information

MINORS AND EXPERIENCE CAN IMPACT YOUR PATH

Hobbies, Side Hustles, Leadership Experiences, Jobs, Volunteerism, etc. Can all lead to career paths.

CAREER EXPLORATION PATH



1. Self Assess

Identify and understand your personal likes and dislikes. Be honest and keep an open mind. Understanding your strengths, interests, and transferable skills are key!

ONLINE RESOURCES



Career Services offers assessments and virtual resources



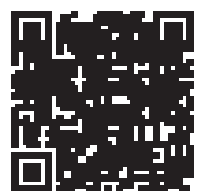
Take O'Net's My Next Move assessment



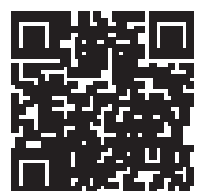
2. Research Careers/ Majors of Interest and Develop an Action Plan

Keep an open mind to careers that might not be an exact fit but are similar. Learn more about how majors relate to careers and remember not all paths are linear. Begin to plan your next steps.

ONLINE RESOURCES



Explore What You Can Do With A Major In ...



Learn more about careers from the Occupational Outlook Handbook



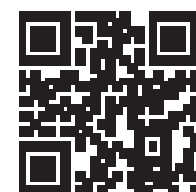
3. Explore Experiential Learning Opportunities

Enroll in a class related to the area you are interested in. Join a club. Talk to others in the field. Informational interviews can help you better understand what the day-to-day looks like in a career.

ONLINE RESOURCES



Handshake: Search and apply to on- and off-campus jobs and internships



MyBrockport: Join one of our 120+ student groups or start your own



Student Activities: See numerous ways one can get involved on campus



4. Build Your Professional Brand

Prepare your documents and practice your why your sales pitch. Be sure to utilize your resources to practice and be confident. Career Services can help you!

ONLINE RESOURCE



Resumes, cover letters and interview prep

CAREER SERVICES CONTACT INFORMATION

Office: Daily Hall (2nd floor)
Phone: (585) 395-2159
Email: career@brockport.edu



**Share one take
away from today's
presentation you
will use in the
future?**

[POLLEV.COM/HEATHERDIFIN731](https://pollev.com/heatherdifin731) OR

TEXT: HEATHERDIFIN731 TO 37607

Thank you

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