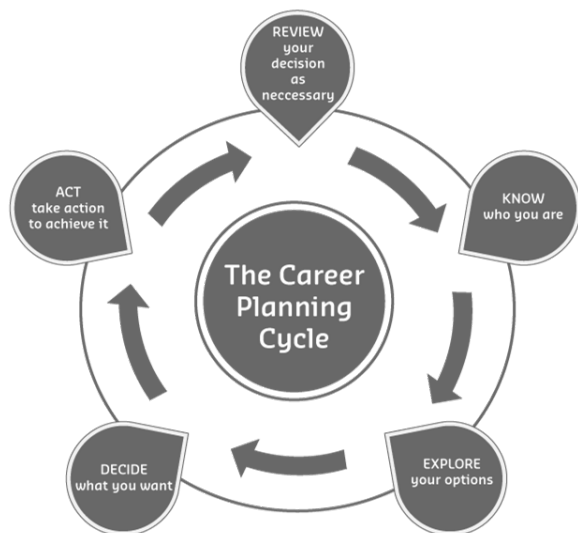


# MAJOR AND CAREER EXPLORATION

It is beneficial to explore your major and career options and to consider how they fit YOU. The Career Planning Cycle is a helpful model to use when thinking about making choices for your future.



By scheduling MAJOR AND CAREER EXPLORATION APPOINTMENTS, Career Services staff will guide you through the Career Planning Cycle with the objective of clarifying your career goals.

At first, you will engage in exercises to explore and articulate qualities about yourself. As a result of completing these exercises, we'll have a better sense for what sectors of the workforce complement who you are.

Throughout the process, you will complete tasks and progress thru the Career Planning Cycle, ultimately mapping out steps toward pursuing your career goals.

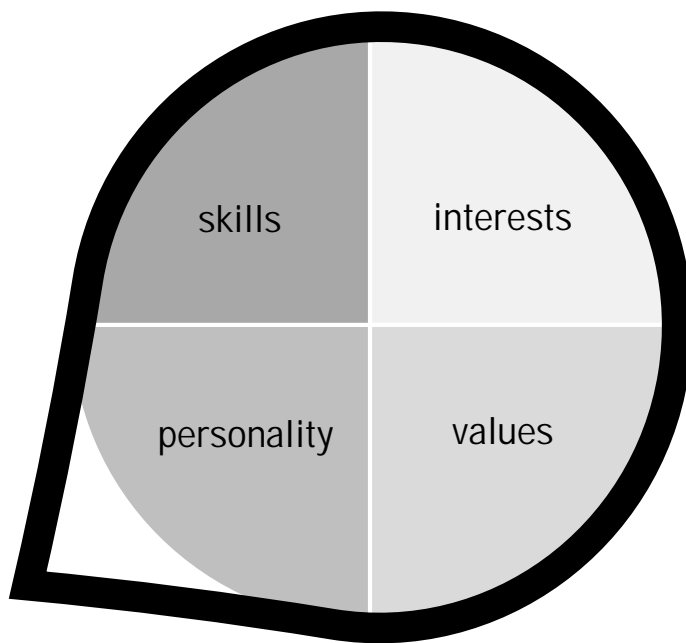
There are 4 key areas that someone should consider in order to make fulfilling choices about their future career. Said another way, the following four areas are where YOU need to match YOUR FUTURE JOB in order to be happy. Let's call this the CAREER CORE.

**INTERESTS** – Think about what excites you about your academic work and what might hold your attention day-to-day at a job.

**VALUES** – Think about what is most important to you at work and what qualities you need in order to give your work and life meaning. What are your “deal breakers”?

**PERSONALITY** – Your personality preferences relate to your work style, have an impact on how you relate to others, and can indicate the type of environment in which you will thrive.

**SKILLS** – Looking to your past successes can indicate where you might succeed in the future. Think about your current strengths and weaknesses. Do these lead you toward or away from any jobs?



**You'll work through exercises designed to help you dig into each of these qualities. Then, we'll connect the dots between YOUR QUALITIES and THE WORLD OF WORK.**

**QUESTIONS? Contact Career Services (career@lsus.edu, 318-797-5062)**