CAREER EXPLORATION & SELF-DISCOVERY
GOALS OF CAREER PLANNING

IDENTIFY
• Interests
• Personality preferences
• Values
• Skills

GAIN INSIGHT
into your strongest career interests and work preferences

EXPLORE
careers of interest based on your findings

LEARN
what college majors lead to specific careers
INTERESTS

Your career choice includes learning about your interests.

- How do you spend your free time?
- What activities do you enjoy most?
- Do you have interests you would like to develop or spend more time doing?
HOLLAND THEORY

- John Holland theorized work environments fall into one of six themes.
- The Holland themes are used to connect your interests to a career.
- If your career matches your interests you are more likely to be satisfied and successful in your career.
- Find your Holland code and discover your strongest career interests.

HOLLAND CODE

- REALISTIC: People who have athletic or mechanical ability. Prefer to work outdoors with objects, machines, tools, plants or animals.
- INVESTIGATIVE: People who like to observe, learn, investigate, analyze, evaluate or solve problems.
- ARTISTIC: People who have artistic, innovating or intuitional abilities and enjoy working in un-structured situations using their imagination and creativity.
- SOCIAL: People who like to work with people to enlighten, inform, help, train, or cure them, or are skilled with words.
- ENTERPRISING: People who like to work with people, influencing, persuading, performing, leading or managing for organizational goals or economic gain.
- CONVENTIONAL: People who like to work with data, have clerical or numerical ability, carry out tasks in detail or follow through on others' instructions.

Take a [Holland interest assessment](#)
Understanding your **personality preferences** provides a framework for choosing a satisfying career.

- **Gain insight** about yourself
- **Learn** how you prefer to **interact** with others
- **Discover the type of work** you prefer
- **Take a Myers Briggs type personality assessment**
  
  (Record your four letter code indicating your personality type and share with your career counselor)
VALUES

• are **self-motivators** that indicate what you consider most important in life

• are **reflected** in what you actually do with your time and your life

• help you make **decisions**

Take a **Values Assessment** (click “Identifying Values”)
Skills are attributes, talents, and personal qualities we possess.

We gain skills through academic activities, work experience, accomplishments, and leisure activities.
Once you have identified your strongest interests, personality preferences, values and skills you will want to match them to a career.
CAREER RESEARCH

Here are some important facts you can find as you research careers and consider your options:

- Job tasks and duties
- Education/training requirements
- Licensing/certification requirements
- Salary (entry level, median and experienced workers)
- Job outlook
- Future trends
- Related occupations
- College major

Research Careers

O*Net
Occupational Outlook Handbook
EXPLORING COLLEGE MAJORS

The next step is to determine which college major is the best match for your career choice. You will want to consider:

• Time commitment
• Education requirements
• Tuition cost
• Career opportunities
• Is this major suitable in terms of abilities and interests

Explore College Majors
CCBC Programs of Study
My Majors
ONLINE RESOURCES

Additional resources to expand ideas about career options on interests, personality, values and including career research and college majors

INTERESTS
Holland Interest Assessment (My Next Move)
Holland Code Research (Career Interest Game)

PERSONALITY
Personality Assessment (similar to Myers Briggs)

VALUES
Values Assessment
Work Values Information (O*Net)

SKILLS
Skills assessment (I Seek)
Skills assessment (O*Net)

COLLEGE MAJORS
CCBC Programs of Study
Research Majors (My Majors)

RESEARCH CAREERS
Research Careers (O*Net)
Research Careers (Occupational Outlook Handbook)
Career videos

ADDITIONAL RESOURCES
CCBC Career Services
CONTACT

Career counselors are available to help you!

CCBC Career Centers
CCBC Catonsville    SSRV Suite 166    443-840-4435
CCBC Dundalk       SSRV Suite 102    443-840-3131
CCBC Essex         SSRV Suite 103    443-840-1732