PSY 2000 – Seminar on Careers in Psychology

Assignment 1: Career Exploration

# Instructions

For this assignment you will complete an online interest inventory, explore occupations in which you might be interested, and answer questions related to your exploration.

**Step 1. Measure Your Interests**

You will need to complete an established Interests Inventory:

A) **My Next Move** (<http://www.mynextmove.org/>)

In the box on the right of the page, labeled, “Tell us what you like to do,” you’ll find a “Start” button for the 60 question interest inventory. Click on “Start” and follow the instructions to complete the inventory.

**Step 2. Learn About Your Interest Type**

After you complete the inventory, you’ll see your scores on each of the six interest types. **Write down your scores:**

|  |  |  |
| --- | --- | --- |
| Realistic: | Investigative: | Artistic: |
| Social | Enterprising: | Conventional: |

*Click on the names of the interest types to learn about each one. Pay special attention to the descriptions of your 3 highest scores’ types.*

Note: Do you think the results are accurate? If not, you can go back to the start (use the Start link at the bottom of the box), then hit Next, then you can enter higher/lower scores in the interest type boxes to adjust your scores to reflect your known interests.

**Step 3. Specify A Job Zone**

**Enter your scores into My Next Move at** [**http://www.mynextmove.org/explore/ip**](http://www.mynextmove.org/explore/ip) **(you can just keep going if you’re already using My Next Move).**

Click the “Next” button to go to the Job Zones information. Job Zones are simply levels of preparation for occupations. Read more about using a current or future job zone. For this exercise, we’ll use your future Job Zone, which will be either 4 or 5. A bachelor’s degree is best reflected by Job Zone 4, masters and beyond (and professional school, such as physical therapy school) are best reflected by Job Zone 5.

**Step 4. Explore Occupations**

Click “Next” to see a page with links to descriptions of occupations that match your interests and future Job Zone. On this page, you can click on the links to learn more about occupations. Some of the occupations on this page might have a sun icon (Bright Outlook). Click on the sun icon to learn more about what this means. Click on the Green icon, too, if it shows up on the occupation list page*.* These icons might not show up—it’s ok if they don’t.

**Step 5. Write a report.**

After completing the interests assessment, and exploring some career options describe your findings in a 1-2-page report. Answer the following questions:

1. What job characteristics do you seem to be most and least interested in? These are the six categories that the profiler gives you—conventional, enterprising, social, realistic, artistic, and investigative.

2. Do you feel that the assessment was an accuratemeasurement of your career interests? Why or why not?

3. What kinds of jobs seem to be good matches to your interests and preferences?

Pick the top three career matches to your interests profile. Read about what they do, and the tasks in the section titled “On the job, you would:” and answer the following questions:

 a) Name of occupation

 b) What would you like most about this job?

 c) What would be your least favorite part of this job?

 d) What is the job outlook for this occupation?

Email the report to me at william.langston@mtsu.edu. Title it <LastnameAssignment1.doc> (it could also be .docx if that’s what version of Word you’re using). For example, mine would be LangstonAssignment1.docx

**Closing Thoughts**

My Next Move offers much more information than we covered in this worksheet. Go back to the site anytime you have a question about what you might do in a career field. For instance, you can use the other boxes on its homepage to search for occupations by key words or by industry. You can also see actual job openings by following a link on the pages you’ve seen that have occupational information.

Want to do more career exploration? See the staff at the Career Development Center.

Note: The exercise was modified from one developed by Joe Tucibat, MTSU Career Development Center, 615-898-2500, joe.tucibat@mtsu.edu. I received it from Dr. Judith Van Hein.