**Outcomes and Activities**

**SLSS 2100 Major and Career Exploration**

**3 Credits**

**Updated November 2021**

Description

For students who are undecided about, or in the process of validating, their major or career goals. Students will have the opportunity to interact with career professionals; understand how to access internship, career preparation, and placement resources at UVU; integrate understanding of self with knowledge of majors, careers, and the world of work. Students will get to know themselves as career decision makers and utilize an appropriate decision-making model to identify possible major and career choices.

Objectives

1. Increase network through career engagement experiences with relevant professionals.
2. Identify and use internship, career preparation, and placement resources at UVU.
3. Integrate understanding of self with knowledge of majors, careers, and the world of work.
4. Use available resources to compile relevant information about majors and careers of interest.
5. Know self as a career decision maker and utilize an appropriate decision making model to identify possible major and career choices.
6. Recognize career decision making as a lifelong process influenced by personal, family, economic, and societal factors.

|  | | | |
| --- | --- | --- | --- |
| **Assignment Group** | **Activity** | **Activity Outcome** | **Related Course Outcome** |
| Career Exploration | Job Shadow | Obtain a close up view of what it is like to work in a specific career. | 1 |
|  | Informational Interview | Learn from someone in a career of interest. | 1 |
|  | Career Fair | Dialogue with individuals who have jobs to offer.  Demonstrate the ability to dress professionally  Increase network  Understand what skills employers are looking for | 1 |
|  | Grad School Fair | Become aware of opportunities for graduate school and how graduate school fits in with career plans. |  |
|  | Career Conversations (Informal) | Learn from others about their career development process. | 1 |
|  | Workplace observation | Visit a workplace and discover what takes place in the job setting | 1 |
|  | Use Handshake | Identify Informational Interview, Job Shadow and other career engagement resource contacts. <https://uvu.joinhandshake.com/login> | 1 |
|  | Workplace Observation | Observe a desired workplace, conduct an ethnography of the workplace | 1 |
| Career Preparation | Interview | Be aware of resources available for preparing for interviews and need for resource.  Complete a mock interview with either CDC or employer.  Be able to answer behavioral based interview questions.  Know what illegal interview questions are. | 2 |
|  | Resume | Be aware of resources available for developing resume and need for a good resume.  Create targeted working resume. | 2 |
|  | Cover Letter | Be aware of resources available for writing cover letters and need for a good cover letter.  Create targeted non-redundant cover letter. | 2 |
|  | Career Search | Know what resources to use to search for jobs.  Know important job board sites.  How to find jobs that are not posted. | 2 |
|  | Internships | Know how to sign up for internships.  Know value of internships | 2 |
|  | Networking | Know why networking is important.  Participate in networking activities.  Create networking strategy.  Understand how to follow-up. | 2 |
|  | Join a Professional Organization or Listserv | Become aware of the professional dialogue of the profession. | 2 |
|  | Professionalism | Know what professionalism is. Representation of self.  Know how different generations interpret professionalism. | 2 |
|  | Linkedin | Create a profile on linkedin and start networking. | 2 |
|  | Handshake | <https://uvu.joinhandshake.com/login> | 2 |
|  | Personal Branding | Create own brand, Professional Identity, | 2 |
| Self-Assessment | Personality (MBTI) | Validate personality type.  Know MBTI personality type and type preferences.  Be aware of careers aligned with their type. | 3 |
|  | Interests (SII) | Validate interest according to Strong.  Know Holland code.  Understand Holland code concepts of differentiation, consistency, and fit. | 3 |
|  | Planned Happenstance | Aware of what planned happenstance skills the student employs and which skills need to be part of their major and career exploration. | 3 |
|  | Values | Know what work values are important in general  Know what their own values are.  Identify careers aligned with work values. | 3 |
|  | Skills | Value the development of soft skills.  Know what transferable skills they have and need to develop.  Know what occupation groups are aligned with individual skills.  Know top skills that are in-demand for interested careers. | 3 |
|  | Decision Making | Know self as a decision maker  Know self in terms of Maximizer v. Satisficer (See work of Schwartz and Iyenger) | 3 |
|  | Strengths | Be aware of top 5 signature strengths.  Know how these 5 strengths can benefit them personally.  Have an idea of how these strengths can be utilized in a career and in life.  Use Strengths Finder and/or VIA Strengths | 3 |
|  | Passions | Feel confident that they can follow their passions.  Know how to incorporate passions into life  Put passions into perspective. | 3 |
|  | Family Influence | Recognize the influence their family has on their career decision making  Recognize how family and career influence each other. | 3 |
|  | Learning Approach | Define personal learning style. Know self in terms of fixed or malleable traits (see work of Carol Dweck). | 3 |
|  | Financial Needs/Wants | Know self financially in terms of needs and wants.  Complete Reality Check at Utah Futures. | 3 |
|  | Leadership | Know how they want leadership to be part of their career decision making and career in both formal and informal ways. | 3 |
|  | Identity | Frame knowledge of self in terms of identity | 3 |
|  | Happiness | Know what happiness is and how it is achieved. | 3 |
| Major Exploration | Major Research | Know how to find out information about a major and career using UVU resources. | 4 |
|  | Interview students in the major | Experience a discussion with someone who has made their career decision in the related field. | 4 |
|  | Explore Wolverine Track | Be aware of resource, use of resource to expedite course completion, Create four year plan in Wolverine Track. | 4 |
|  | Meet with Academic Advisors | Develop relationship with academic advisor. | 4 |
|  | Presentations in class from Academic Advisors. | Learn about different majors at UVU. | 4 |
|  | SWOT Analysis of Majors |  | 4 |
|  | Career Comparison |  | 4 |
| Decision Making | Donald Super Model (Required) | Understand process of integrating information about self with career options. | 5 |
|  | Paradox of Choice (Schwartz) | Know self as a decision maker, between maximize and satisficer. | 5 |
|  | Goal Setting | Know steps for setting goals. | 5 |
|  | SWOT | Be able to critically evaluate career options. | 5 |
|  | Planned Happenstance (Levin and Mitchell) | Recognize how planned happenstance manifests in life situations and what brings about happenstance events. | 5 |
| Career Planning in Context | Women’s career decisions | Understand challenges and rewards of women completing a college education and in pursuing a career. . | 6 |
|  | Graduate School | Know graduate school options.  Consider value of graduate school. | 6 |
|  | Happiness | Define happiness and how happiness will be obtained throughout life | 6 |
|  | The changing workplace, Labor Market | Understand how the world of work is changing | 6 |
|  | Value of a college degree | Know the value of a college education. | 6 |
|  | Organizational Culture | Prepare to enter a workplace ready to learn the organizations culture | 6 |
|  | Art of Working (Craftsmanship) | Be aware of what it takes to be an artist in any chosen career | 6 |
|  | Retirement | Life-span perspective, starting now to prepare for retirement | 6 |
| Essential Online Resources | O\*Net | <https://www.onetonline.org/> | NA |
|  | Occupational Outlook Handbook | <https://www.bls.gov/ooh/> | NA |
|  | Talent Ready Utah | <http://www.talentreadyutah.com/>; Keys to Success: <http://www.ktsutah.com/> (High School Focus) Was Utah Futures. | NA |
|  | Handshake | <https://uvu.joinhandshake.com/login> |  |
|  | Candidcareer.com | Access through link from Career Development Center Webpage |  |
|  | What can I do with this Major? | Access through link from Career Development Center Webpage |  |
|  | LinkedIn | Create Profile |  |
| Guest Speakers | Various guest speakers from UVU and the surrounding community. | Appreciate the struggles of career decision making.  Know that people who have struggled with decision making succeed at making decisions.  Feel confident that they too can make career decisions.  Support learning outcomes | NA |
| Final | Paper or presentation | Demonstrate career decision making process in action.  Demonstrate thought process for determining and securing a career. | 1-6 |
|  | Summative, Reflective, What Learned | Explain what has been learned during the course of a semester.  Personalize learning and future plans for development. | 1-6 |
| Deliverables | Action plan | Identify next steps, both short and long-term in the decision making process the student needs to take. | 1-6 |