

Following a Career Path at WCU

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This year, we in Career Services have packaged the services and the support we provide in a structure or model that will help students at all levels reach their career goals. All students at Western Carolina are encouraged to pursue intentional learning, which means making purposeful choices about classes, majors, service learning, leadership roles, internships and co-ops. Our three-sequence model is designed to help students identify tangible steps they should be taking during college. It presents a pathway to intentional learning.

This pathway may be linear, but it doesn't always have an exact beginning or end. It doesn't always look like a straight line; sometimes, as students develop new interests, discover strengths or identify opportunities, they may find themselves repeating a sequence. For example, when a student changes a major or finds a new type of career interest, the necessary retooling and investigation may involve Sequence I tasks. Sometimes, we have to achieve Sequence III tasks earlier on, such as when we write a résumé to apply for an internship. As we all develop our careers and enter new, challenging phases in college or the workplace, we systematically explore or research the situation, develop necessary skills and experience, and become who we want to be.

If you are seeking to explore major and career options, develop skills and prepare to succeed after college, Career Services can help you in your quest. For example:

1. During Sequence I, "Exploring," we will assist you in deciding on a career or major and begin gaining experience through a job on campus.
2. During Sequence II, "Developing," you will find links to service learning, clubs and involvement on campus, and internships and co-ops to help you develop and apply your academic skills in non-classroom settings.
3. During Sequence III, "Becoming," our model provides you with links to formats for writing a résumé and cover letter and a practice program for the very important interview. Bookmark our website to access the many resources that are designed to help you make great choices, transfer skills from campus to the workplace, gain experience and succeed in the world beyond Western Carolina.

Sequence I: Exploring *(years one and two)*

1. Complete and self-score the Personality Mosaic to determine your top three dominant Holland types.
2. Complete the Values Clarification Exercise to identify things that you value in a job, or in life.
3. Complete the Self Evaluation of Abilities exercise.
4. Call (828) 227-7133 to request a User ID for Discover.
 - Log in, create a password, and take the three inventories:
 - Interests, Abilities and Values
5. Take the Jung Typology Test to determine your four letter Jung Typology Type (similar to the Myers-Briggs typology).
6. Consider the following results, and seek help with interpreting

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http://www.wcu.edu/WebFiles/PDFs/career_journal_october2010.pdf

them from your adviser or a career counselor:

- In Discover, your Inventory Summary list of suggested career areas
 - Your strongest areas in the Self Evaluation of Abilities (ones with lots of 3s and 4s)
 - Your three strongest areas of interest based on the Personality Mosaic
 - Your strongest Values
7. Consult "Choosing a Major" to research majors offered here at WCU, see snapshots of related career fields, and utilize links to department Web pages.
 8. Choose a major and both short- and long-term goals. Consider writing a one-or-more page reflection journal describing your major, concentration or possible minor, the job you hope to secure when you graduate, and the job you wish to have when you mature in a career. Include this reflection in your journal!
 9. Write a "fantasy résumé" that showcases contributions to a student organization, leadership activity, academic achievement, specific technical skills, and experience that you realistically hope to have achieved by the time you graduate.
 10. Consider seeking on-campus student employment that will help you gain skills, work experience and responsibility. Go here to see what jobs are available!

Sequence II : Developing

(years two and three)

1. Research your career goals using Discover and by meeting with your adviser and other faculty in your major, or a career counselor. Identify and journal the following:
 - Concentrations or minors that may help you achieve your goals
 - Undergraduate research subjects and service learning opportunities that will help you gain experience and/or knowledge that will help you achieve your goals
 - Your major's requirements regarding co-ops or internships and the kind of experience employers value in your field
2. Create a résumé.
3. Create an account in JobCat, upload your real résumé and learn how to search for internships, jobs and potential professional mentors and prospective employers.

Sequence III : Becoming

(years three and four)

1. Attend career events that either directly relate to your major and career path or may involve employers who consider multiple majors (most employers).
2. Create a "digital rolodex" or record of possible employers you meet, their companies, their contact information, and at what event you met them.
3. Attend educational career events such as any of our career panels and our professional etiquette reception and dinner.
4. Complete a co-op or internship, working with an employer or in the field that relates to your career goals. Write a reflection journal about what you learned.
5. Create an account and use your laptop to practice your interview skills using Perfect Interview.

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Pathway to Intentional Learning

