

# CAREER DEVELOPMENT AND CHOICE MODULE

## LIST OF INSTRUCTIONAL MATERIALS

**Informational Interview Assignment/Worksheet:** Provides instructions and questions you need to conduct an informational interview.

Career research is probably the most important research you will do in your college life. As part of your career research, you'll interview someone who works in the career you're interested in learning more about. As early as possible, you will want to identify someone you can interview, or contact the Career Center for a referral to a professional in the field of your choice

**DISCOVER Assessment Worksheet:** DISCOVER, a computerized assessment will be used to assess your individual interests and explore sample careers that may be a possible match for your interests.

**All About Me Summary Sheet:** You'll use this summary to keep track of your findings as each career assessment is completed, and it will provide a handy summary at the end of the module.

**Examples of Career Factors:** Refer to list of personality, abilities, values, interests and skills to assist you in completing the All About Me Summary

**Career Center Visit Form:** You'll visit the Career Center in Craven Hall 1400 to learn what career services you can use now and in the future. You will also register for CougarJobs to access available internships as well as part-time and full-time jobs, both on-campus and off-campus.

**Career Planning Summary Exercise:** Once you have completed all of the career assessments and researched career options, this exercise will help you with your decision making.

**Timeline for Career Planning and Job Search:** A suggested timeline to enhance your career preparation and help you stay on track.