

Other Resources for Decision Making and Goal Setting

You may feel like you need to work on your self-assessment some more. You might need more resources for career exploration. You may be stuck and be having difficulty in making your decision on a major or career. It is possible you just need some more information or help in this area. Check out the following resources.

- Make an appointment to see a career counselor at Career Development Center. Sometimes it helps to talk things out. Other times you may need more information or resources and your counselor may be able to help you or refer you to someone who can help. Call us at 507-389-6061 to set up an appointment.
- Take the CSP 110 - Decision Making for Career and Life class at Minnesota State Mankato. The coursework in this class not only takes you through the career development process, including self-assessment and career exploration, but also provides resources for critical thinking and decision making.
- Do you feel like something is still getting in the way of your decision making? Are you stressed out about your decision or feeling down about it? You can make an appointment with a Counselor at the Counseling Center. The services there are free and confidential. To make an appointment you may either call them at 507-389-1455 or stop in at CSU 245.
- Visit our **Career Resource Library** in the Career Development Center and take some time to explore. You might find some of the books in our Career Exploration section useful, like What Color is Your Parachute by Richard Bolles. There is an abundance of information on many careers and employers as well as job search guides.
- Wherever you are in the decision making process, you can gain some work or volunteer experience that may help you decide and/or be relevant for your future career. Log on to mavjobs.com and check out part-time job opportunities. You can also check out the Student Leadership Development and Service-Learning Web site at <http://www.mnsu.edu/slds/> to find out about volunteer and campus leadership opportunities. Get involved in RHA if you live on campus or become involved in a student organization or community activity that interests you or relates to your major.
- Work through the DISCOVER program available at the CDC. You can do more self-assessment, learn more about the world of work, learn about educational opportunities, scholarships and financial aid, and fine tune your job search skills. The DISCOVER program is free to Minnesota State Mankato students and can be accessed by any computer with internet access. E-mail cdcdiscover@mnsu.edu to get started.
- Take the Strong Interest Inventory to learn more about your interests and apply them to careers or take the Myers-Briggs Type Indicator (MBTI) to find out about your personality and how it might fit in with different career choices. You can take these assessments by making an appointment with a career counselor through the CDC.

- Don't forget about your advisor! If you are an undeclared student, you probably have an advisor in the First Year Experience office. They are a wonderful resource and can help you to navigate your education. <http://www.mnsu.edu/fye/>.
- Don't be afraid to talk to your professors. If you are interested in a class or major, they have firsthand knowledge about the field and what their students do with majors in their departments.
- Use the CDC Web site! www.mnsu.edu/cdc
- Attend the Major Fair and Career Day events. Check out the CDC events Web site for dates and information. Events are great opportunities to learn about majors, careers, and the job market.
- Visit www.iseek.org to explore careers and do some more self-assessment, plan your education and find jobs.

If you have decided on your major and career, congratulations! Your work isn't done though. Of course you will have classes to take in your major. You will also need to prepare yourself to excel in the job market. The following resources are available to help you do just that!

- Use the skills assessments in this handbook to think about which skills you may need to obtain or improve to succeed in your career. Think about ways you might develop these new skills and set goals and objectives to do so. You can gain skills and valuable experience through part-time jobs, volunteer experiences, and campus involvement as well as through your coursework.
- Talk to your professors about what they recommend for you to have an edge in the job market. Talk to the internship coordinator for your program and log on to mavjobs.com to find an internship.
- When you are ready to look for jobs, check out the Job Search Handbook available through the CDC. It is an awesome resource to help you get started on the job search.
- NETWORK! Get to know people in your field. There are many ways to do this. Come to the Career Development Center or check out the Job Search Handbook for more information on networking.
- Use the CDC resources available to you. Get started on your resume. Have your resume reviewed at a **CDC Quick Stop**. Learn about interviewing skills. Research the job market. Log on to mavjobs.com. Participate in on-campus recruiting. Visit a career counselor in the CDC to talk about your job search skills and the job market in your career area. Use these helpful services to learn how to land a great job.

Thank you for working through this handbook. Please contact the Career Development Center if you would like further information on or assistance with any of the topics in this handbook.