

Careers

Choosing a career can be a time consuming and frustrating experience when you have few ideas of what you might like to do, wonder how you can ever learn about possible career opportunities, and don't know how to approach the process of "sorting through" all the career information. Career search is often limited to considering a very few careers - those that we know about or those in which our friends and relatives are engaged.

Although this course does not focus on career choice, you will be introduced to some aids to help you in the career selection process.

What is meant by Career?

Sometimes we focus on obtaining a specific job rather than a career. College courses of study are developed to help you find a career rather than a job. Three related terms that often are confused are: (1) career; (2) occupation; (3) job.

These terms can be defined as follows:

Career - a chosen pursuit; life work, a path or course.

Occupation - that which engages one's time and attention, "employment" the principle business of one's life, vocation, calling, trade.

Job - a specific piece of work as in one's trade, or done by agreement or pay, anything one likes to do, task, chore, duty.

Examples of how these are related:

Career - Criminal Justice

Occupation - Corrections Officer, Dispatcher, District Attorney, Police Officer

Jobs - 911 Dispatcher for Clackamas County; Police officer for Salem Police Department; Drug Enforcement Agent for Federal Government.

Career - Education

Occupation - Classroom teacher, school administrator, college instructor, curriculum coordinator, counselor.

Jobs - Butte Creek Elementary Teacher, W.P. Lord School Principal, Willamette Education Service District Superintendent.

When one job leads to another job or occupation within a career this is referred to as a **Career Path**.

Statistics show that most people change both jobs and occupations several times during their lifetime. It is not uncommon for people to change full-time jobs/occupations at least *seven* times.

Why is Career Selection Important?

Selecting a career early in your college education will assist in choosing the most appropriate major to help you reach your goal. There may be more than one major that can help you find employment in your career field. The more you know about what you would like to do in life, the easier it will be to take appropriate courses. When you have a specific direction you will become more motivated and do better in college.

How Can You Choose a Career?

There are two very important but different types of information you need to have to make an informed career choice.

1. Know yourself - your values, interests, skills, aptitudes, personality, etc.
2. Know career requirements and benefits - amount of training or education, physical demands, location, upward mobility opportunities, etc.

Once you identify your traits and career components you can try to find an acceptable match. Keep in mind that few people find a perfect match, a career that fulfills all of your needs or expectations. Your “leisure” activities (avocation) should be used for this purpose.

There are numerous assessment tools available to aid you in learning more about yourself and about careers.

Assessment Tools

Assessment tools that you may use through this course include:

1. **The Personality Mosaic.** This instrument helps you identify your personality type and then relate this to career choice and college majors.
2. **[CIS \(Career Information System\)](#).** This computerized system asks you a set of questions and matches your answers to career and job categories that meet these “specifications” of what you desire in an occupation or job. All information is based on Oregon Employment Office information.
3. **[OLMIS \(Oregon Labor Market Information System\)](#).** System allows you to select data and information in order to locate jobs, choose occupations, identify training resources, contact employers, and explore wages and income levels.

Other Career References/Assistance

1. Counseling Services, Chemeketa building 2
2. Classes at Chemeketa (CG110, CG114 and FYE105)

Chemeketa offers the following classes to assist you in your career selection.

1. CG110 - Career and Life Planning (2 Credit)
Introduces students to the strategies and procedures fundamental to the identification of career development.
2. CG114 – Career and Life Development (3 Credits)
Provides strategies to integrate the personal, educational, and occupational elements of career and life development.
3. FYE105 Creating College Success
Get help understanding yourself and what motivates you in college and in life. Learn how to be a creator purposely designing your life through wise, well-informed choices.
4. CWE280 - Cooperative Work Experience A-L (1-12 Credits)
If you would like to do a thorough investigation of one career including job shadowing, you can enroll in this individualized class. In cooperation with your instructor you will establish specific goals and activities to meet your objective.