Assess

Who am I & where am I going?
Gain insight into your unique strengths, interests and skills, particularly as they relate to various career options. Identify resources from the list below to begin building this important foundation to decision making.

What resources are available?

- **Self-assessment inventories** are available through the Career Center to help you begin narrowing down your interests, strengths, and values.
- If you’re unsure about your major, consult the Choosing a Major guide.
- Begin to construct an electronic portfolio using Messiah’s eportfolio template in Google Sites. Use your Messiah log-in information. This is where you can begin to store artifacts, including papers, projects, research, and other accomplishments from your classroom work and out-of-class activities.
- Attend the Career Center’s fall Open House to learn about services and opportunities. You’re encouraged to schedule a “getting started” appointment with a career coach.

How can I learn about my options?

- Become familiar with relevant career paths by checking out the “Explore Career Options” section, and specifically, “What can I do with a major in...?” on the Career Center’s website.
- Get to know the Occupational Outlook Handbook and O*NET for specific information on career options.
- Explore options for involvement outside of the classroom through offices such as Student Involvement & Leadership Programs, the Agapé Center for Service & Learning, Study Abroad, College Ministries, Residence Life and much more. Consider choosing one area to get involved.

Reflection Q’s

- How would I describe my skills, interests, and values?
- Considering past and present experiences, what energizes me most? Be specific!
- How are these aspects of myself shaping my decisions about a major and potential career path?
- What options for involvement outside the classroom might allow me to gain experience while further developing my transferable skill sets?

How can I be proactive?

- Visit the Career Center early, and start customizing your personal career and professional development plan with the help of a career coach. Each person and major is unique!
- Begin building relationships your advisor and professors within your department, beyond the classroom setting. Take advantage of office hours and department activities. Become familiar with the department’s website.
- Create a first draft of your résumé; what gaps do you need to fill? Use this as a guide to start constructing an action plan that includes relevant, sought-after experience by employers and graduate schools.
- Learn about the value of a liberal arts education as it relates to the workplace by checking out information on “transferable skills” you are learning. These skills are very marketable to employers and graduate schools, so be intentional about developing them.