

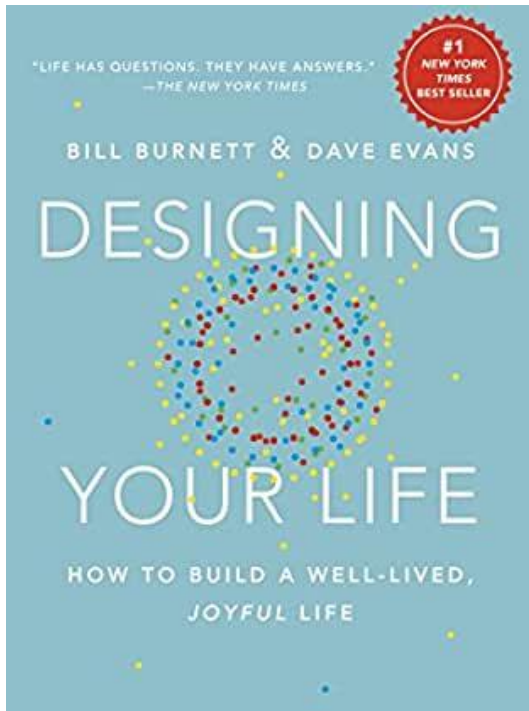
Winter 2021  
Career Development Center  
College of Science

# *Explore Science Careers*



Oregon State  
University

# Career Advisor for COS students



Tzu-Chin (Claire) Wu, MPH, CCSP  
Certified Designing Your Life Career Coach  
OSU Career Development Center

Set up 1:1 appointments on [Handshake](#)



Oregon State  
University



1. Scientists are explorers
2. What is career exploration?
3. Talk to People in Physics
4. Career Development Center resources

**Scientists  
are  
Explorers**



<https://www.youtube.com/watch?v=GTnPhDtE8u4>

# National Geographic Identifies World's Emerging Explorers

Whether combating wildlife trafficking or inventing safer nuclear energy, these awardees share a passion for making a better world.



<https://www.youtube.com/watch?v=9I2HX7FGEko>

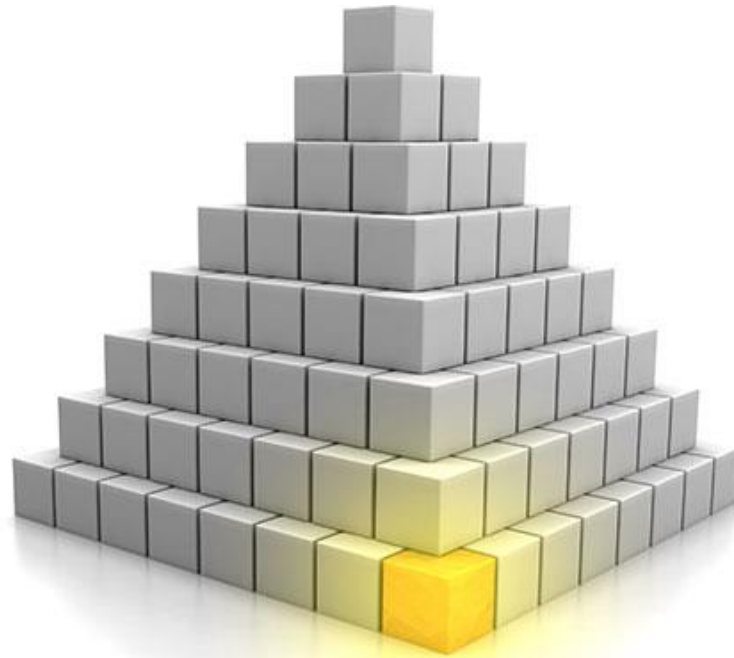
# Group Discussion (5 minutes)

1. What does it take to explore?
2. If you have to come up with a **sentence/phrase/word** to remind yourself of **the importance of exploring** as an aspired scientist, what will it be?
3. Share what your group discussed

**What is  
career  
exploration?**



# Know Yourself



# Know Yourself

1. You will make a salary of \$80,000+ per year with health benefits and insurance
2. You will work in beautiful surroundings
3. You will meet many famous people
4. You will live in a dry climate
5. You will work around a lot of people
6. You will have a uniform
7. You will work 6 hour shifts, 6 days per week
8. Your work hours will be 8 PM to 2 AM
9. Your work will require you to be standing most of the time
10. You will hear many complaints
11. You will be working under a lot of pressure
12. You will be monitored via camera constantly
13. Your job will be considered immoral by some people

# What is Career Development?



**Pivot Point: your career goal!!!!**

# Career planning vs Career exploration

**Career  
Planning**

**Career  
Exploration**



# career exploration databases/tools



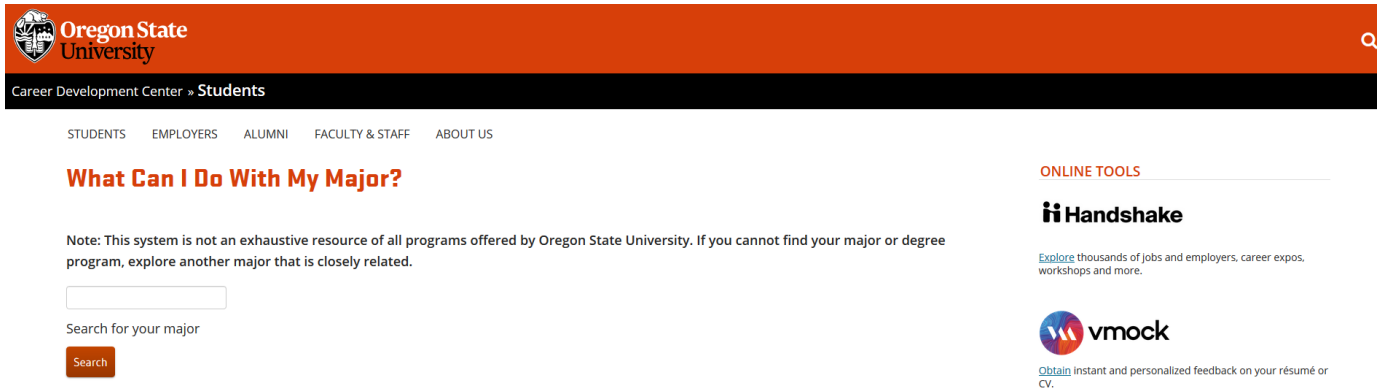
# career exploration databases/tools



1. OSU Career Center – [What can I do with my major](#)
2. [OSU Focus 2](#)
3. [My Next Move](#) (interest profiler)
4. [Career One Stop](#) (videos; work values matcher)
5. [Occupational Outlook Handbook](#)
6. [ONET](#)
7. **Professional Associations** of the topic you are interested
8. [OR State Employment Department](#)

# What Can I Do with My Major?

## - for career exploration beginners



**Oregon State University**

Career Development Center » **Students**


STUDENTS EMPLOYERS ALUMNI FACULTY & STAFF ABOUT US

### What Can I Do With My Major?


Note: This system is not an exhaustive resource of all programs offered by Oregon State University. If you cannot find your major or degree program, explore another major that is closely related.

Search for your major

**ONLINE TOOLS**

 **Handshake**

[Explore](#) thousands of jobs and employers, career expos, workshops and more.

 **vmock**

[Obtain](#) instant and personalized feedback on your résumé or CV.

## College of Science

College of Science
<a href="#">Biochemistry</a>
<a href="#">Biology</a>
<a href="#">Biophysics</a>
<a href="#">Chemistry</a>
<a href="#">Computational Physics</a>
<a href="#">Health Professions</a>
<a href="#">Mathematics</a>
<a href="#">Microbiology</a>
<a href="#">Physics</a>
<a href="#">Statistics</a>
<a href="#">Zoology</a>

<https://career.oregonstate.edu/students/career-major-exploration/choosing-or-changing-major/what-can-i-do-my-major>

# Where to find OSU Focus 2

<https://career.oregonstate.edu/students>

## Welcome students!

Wherever you're at in your career development, wherever you're going, we want to empower you with resources and support. Discover professional interests, communicate your skills and develop authentic connections with future employers, grad schools, service organizations and more. Whether you're a first-year student or a Ph.D. student, in Corvallis or across the country, we're focused on helping you move toward your unique future. Want more info? Check out the [Career Development Center overview](#).



Explore Majors Programs, and Career Paths



Create Résumés, CVs and Cover Letters



Find a Job, Network, and Interview



Prepare for Grad School



Graduate Students



Career Guide and Resource Library

## ONLINE TOOLS

### Handshake

Explore thousands of jobs and employers, career expos, workshops and more.



Obtain instant and personalized feedback on your resume or CV.



Get a free [career assessment](#). Explore careers, job outlooks and your working personality.



Practice [interviewing](#) on an interactive video platform.



Explore international internships, career opportunities and cultures.

## SERVING DISTANCE LEARNERS

Are you attending classes via Ecampus or at a location other than Corvallis? Check out this overview of Career Development Center resources gathered for you.

Services by Learning Location



# OSU Focus 2 Self Assessments

## Self Assessment

Discover majors and occupations that match your personal attributes



Work Interest Assessment

100% Complete

RESULTS

Review

Start Over



Values Assessment

100% Complete

RESULTS

Review

Start Over



Personality Assessment

100% Complete

RESULTS

Review

Start Over



Leisure Assessment

100% Complete

RESULTS

Review

Start Over


Combine Assessments



4/4 Completed



Your assessment results will identify occupations and majors at your college matching your personal attributes. Be sure to save your favorites!

# OSU Focus 2 Explore Occupations



 Filter Results
 ICON LEGEND

SELECT EDUCATION LEVEL FOR OCCUPATIONS:  Bachelor Degree  Advanced Degree

Sort By:





Bright Outlook
▼

- Alphabetical
- Job Family
- Green Job
- Bright Outlook
- Salary
- Saved Occupations

Cancel

## Occupations


## Results

OCCUPATION	Majors	US NATIONAL MEAN SALARY	JOB FAMILY
BIOLOGICAL TECHNICIAN  	Plant Sciences Biology/Biological Sciences Biochemistry and Molecular Biology Cellular and Molecular Biology Biotechnology Natural Sciences	\$46,130.00	Life, Physical, & Social Science
AUTOMOTIVE ENGINEER  	Chemical Engineering Civil Engineering Mechanical Engineering	\$89,800.00	Architecture & Engineering

# OSU Focus 2

## Combine Self Assessment Results to Narrow down Occupations

Combine Assessments  
3/5 Completed



Combine The Results

Combine Your Assessment Results to Create a List of Best Fit Occupations ⓘ

Select The Assessments You Would Like To Combine

Work Interest    Leisure Interest    **Personality**    Values

CONTINUE    CREATE PDF





Filter Results

ICON LEGEND

SELECT EDUCATION LEVEL FOR OCCUPATIONS:  Bachelor Degree  Advanced Degree

Sort By:   
Bright Outlook   
Alphabetical   
Job Family   
Green Job   
Bright Outlook   
Salary   
Saved Occupations

46 Occupations from 2 of the Assessments you have Completed.

SAVED	OCCUPATION	GREEN JOBS	BRIGHT OUTLOOK	SUPPORTING MAJORS/PROGRAMS AT OREGON STATE UNIVERSITY	SALARY	JOB FAMILY	VALUES	PERSONALITY
	Airport Engineer			Civil Engineering Water Resources Engineering Mechanical Engineering Construction Engineering Industrial Engineering	\$89,730.00	Architecture & Engineering		

# Additional Major & Occupation Exploration

Use FOCUS 2 as an ongoing resource.

## Explore the Possibilities

Use these tools for ongoing career and education exploration

What can I do if I majored in ... ↗

Explore any Occupation ↗

Explore Occupations by Job Family ↗

Compare 2 Occupations Side by Side ↗

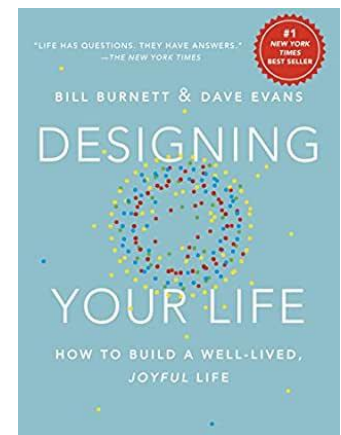


**Talk to People  
in Physics**

# Self Reflection

– take 5 minutes

1. Why work?
2. What does your major mean to your future job?
3. What does good work or worthwhile work mean to you?





**Values**

- OSU Focus 2
- Work Values Matcher (@Career One Stop)

**Interests**

- OSU Focus 2
- Interest Profiler (@My Next Move)

**Personalities**

- OSU Focus 2
- 16 Personalities

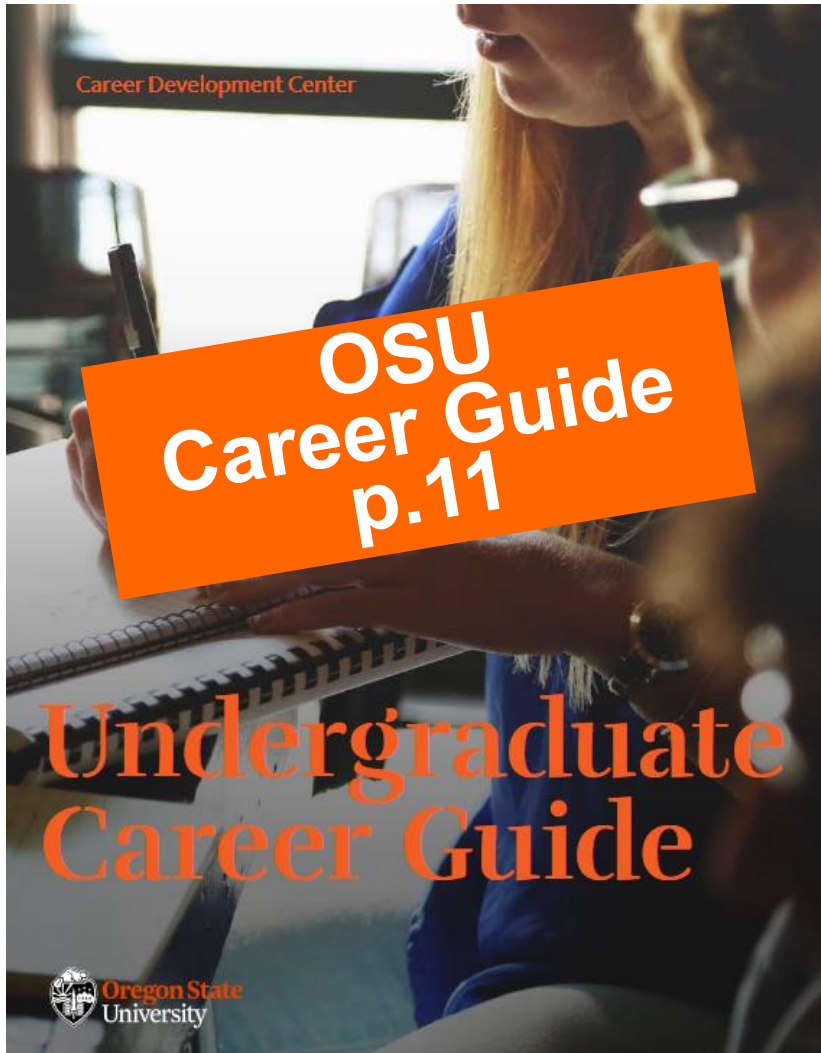
**Strengths**

- ~~OSU Focus 2~~
- Clifton Strengths (fee)
- High5test

- Human libraries
  - ✓ Roadtrip nations
  - ✓ Career One Stop (career videos)
  - ✓ LinkedIn
- Informational interviews

1. OSU Career Center – What can I do with my major
2. OSU Focus 2
3. My Next Move
4. Career One Stop (videos)
5. Occupational Outlook Handbook
6. ONET
7. Professional Associations
8. OR State Employment Department

# Informational Interviews



Informational interview is all about **learning**

1. Learn about the field
2. Learn about the organization
3. Learn their journeys
4. Ask for advice
5. Ask to be connected with other people for more informational interviews



# Informational Interview Questions

## THE 2-HOUR JOB SEARCH

Using Technology to Get  
the Right Job *FASTER*



STEVE DALTON

Senior Career Consultant and Associate Director,  
Duke University's Fuqua School of Business

## TIARA framework

### Trends

- What trends are most impacting your business/field right now?
- How has your business or field changed most since you started?
- How do you think your business or field will change most dramatically in the next several years?

### Insights

- What surprises you most about your job/your field, employer?
- What's the best lesson you've learned on the job?
- What's been your most valuable experience at your employer so far, and why?
- If you had to attribute your success to one skill or trait, what would it be?
- Is that trait shared by many across the organization or is it unique and you've adapted it to your advantage?

### Advice

- What can I be doing right now to prepare myself for a career in this field?
- If I got hired, what should I be sure to do within the first thirty days to ensure I get off to the fastest start possible?
- What do you know now that you wished you'd known when you were in my position?
- If you were me, what would you be doing right now to maximize your change of breaking into this industry/field/function?

### Resources

- What resources should I be sure to look into next?
- What next steps would you recommend for someone in my situation?

### Assignments

- What project (s) have you done that you felt added the most value?
- Have any projects increased in popularity recently at your organization?
- Have you had interns/new graduates in the past? If so, what sort of projects have they done?

# OSU Career Development Center Resources for COS students

## 1. OSU Career Development Center website

Career Guide, Tip Sheets by topics, Online Career Tools

## 2. Virtual Events & workshops Career Fairs, Resume workshops, Interview workshops, etc.

## 3. One-on-one appointments (30 minutes) sign up via Handshake with Claire Wu

- ❖ On-campus job board OSU Jobs
- ❖ Off-campus job board Handshake



Oregon State  
University

# OSU Career Development Center Resources for COS students

## 4. Tailored career development presentations for your classes, living communities or student organizations

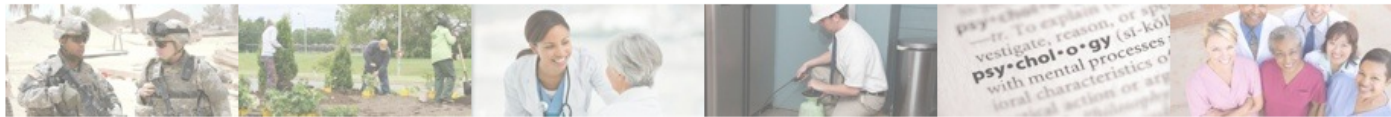
- 1) Career Development for Beginners
- 2) Designing Your Life
- 3) Explore Career Options
- 4) Job/internship Search Strategies
- 5) Negotiate Job Offers
- 6) Personal Branding – putting your best foot forward
- 7) Personalities and Teamwork
- 8) Prepare for Career Fair
- 9) Prepare for Job/Graduate School Interviews
- 10) Put Your Strength to Work
- 11) Resume and Cover Letter Writing
- 12) Should I Go to Graduate School?
- 13) The Essential Career Success Skill – Networking
- 14) Use LinkedIn for Networking
- 15) Writing Personal Statement for Graduate School Applications





**Resources  
Beyond OSU  
for Career  
Exploration**

## What do you want to do for a living?



"I want to be a ..."



### Search careers with key words.

Describe your dream career in a few words:

Examples: doctor, build houses

Search

"I'll know it when I see it."



### Browse careers by industry.

There are over 900 career options for you to look at. Find yours in one of these industries:

Browse

"I'm not really sure."



### Tell us what you like to do.

Answer questions about the type of work you might enjoy. We'll suggest careers that match your interests and training.

Start

**Still not sure?** Check out careers in these groups:

Bright Outlook

Interests

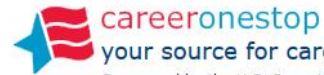
Job Prep

**Are you a veteran looking for work?**

[My Next Move for Veterans](#) helps you find a civilian career similar to your military job.

**¿Habla español?**

[Mi Próximo Paso](#) incluye tareas, aptitudes, información sobre salarios y más de 900 carreras diferentes.



your source for career exploration, training & jobs

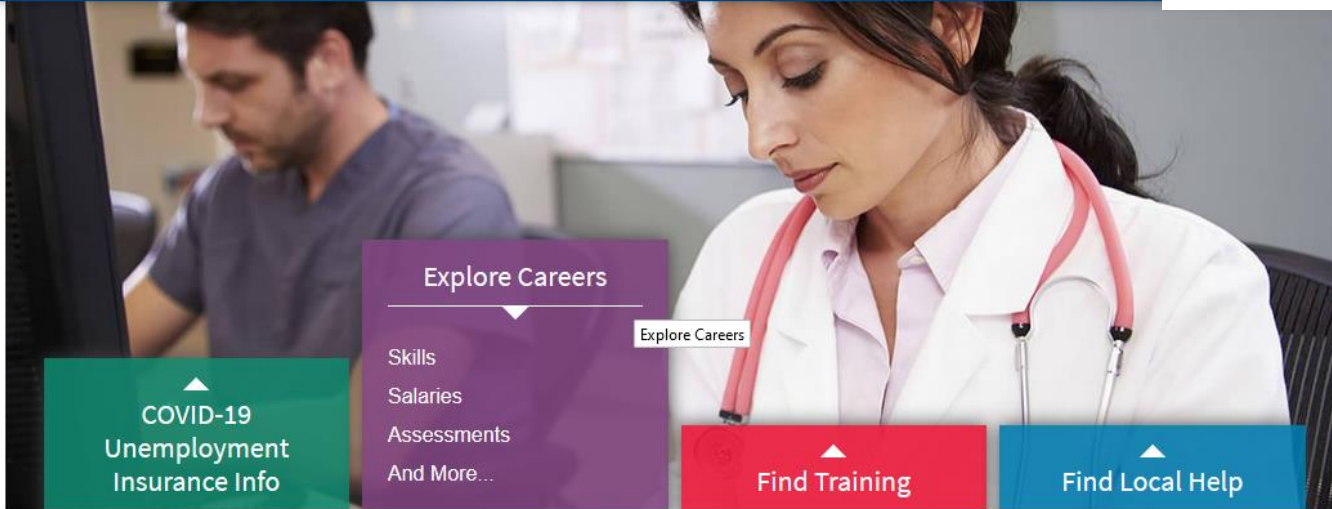
Sponsored by the U.S. Department of Labor. A proud partner of the americanjobcenter network.

Search Care



# Career Videos Work Values Matcher

- Explore Careers ▼
- Find Training ▼
- Job Search ▼
- Find Local Help ▼
- Toolkit ▼
- Resources




## Resources for

Find career, training and job search resources just for you.

Getting Back to Work	Career Changer	Military and Veterans	Worker with a Criminal Conviction	Businesses
Entry-level Worker	Older Worker	Young Adult	Workers with Disabilities	Career Advisors
Credential Seeker	Self-employment			

## Top Videos

<https://www.careeronestop.org/>

## Build your future with O\*NET OnLine.

Welcome to your tool for career exploration and job analysis!

O\*NET OnLine has detailed descriptions of the world of work for use by job seekers, workforce development and HR professionals, students, researchers, and more!

[What is O\\*NET?](#)

### What's New?

New BLS wage information and graphical display in O\*NET websites

[Learn More](#)

Get O\*NET news by [email](#) or [RSS](#).

### I want to be a...

Start the career you've dreamed about, or find one you never imagined.

[Find It Now](#)

at My Next Move

### ATTN: VETERANS

Put your military skills and experience to work in civilian life. Learn how at:

[MY NEXT MOVE FOR VETERANS](#)

[Get Started](#)



### Hot Technologies

are frequently included in employer job postings.

[Learn More](#)

[Occupation Search](#)

### Find Occupations

[Browse](#) groups of similar occupations to explore careers. Choose from industry, field of work, science area, and more.

### Advanced Search

[Focus](#) on occupations that use a specific tool or software. Explore occupations that need your skills.

### Crosswalks

[Connect](#) to a wealth of O\*NET data. Enter a code or title from another classification to find the related O\*NET-SOC occupation.

# OCCUPATIONAL OUTLOOK HANDBOOK



Occupational Outlook Handbook >

## Home

Get the CareerInfo app for the Occupational Outlook Handbook (OOH), available for [iOS](#) and for [Android](#) devices.

### OCCUPATION GROUPS

- Architecture and Engineering
- Arts and Design
- Building and Grounds Cleaning
- Business and Financial
- Community and Social Service
- Computer and Information Technology
- Construction and Extraction
- Education, Training, and Library
- Entertainment and Sports
- Farming, Fishing, and Forestry
- Food Preparation and Serving
- Healthcare
- Installation, Maintenance, and Repair
- Legal
- Life, Physical, and Social Science
- Management
- Math
- Media and Communication
- Military
- Office and Administrative Support
- Personal Care and Service
- Production
- Protective Service
- Sales
- Transportation and Material Moving

### SELECT OCCUPATIONS BY

2019 Median Pay  Entry-Level Education  On-the-job Training   
Number of New Jobs (Projected)  Growth Rate (Projected)

### FEATURED OCCUPATION



#### *Orthotists and Prosthetists*

Orthotists and prosthetists design and fabricate medical supportive devices and measure and fit patients for them.

[view profile »](#)

### A-Z INDEX

[A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [X](#) [Y](#) [Z](#)

### BROWSE OCCUPATIONS

Highest  
Paying

Fastest  
Growing  
(Projected)

Most New  
Jobs  
(Projected)

### BROWSE RESOURCES

Frequently  
Asked  
Questions

Glossary

Teacher's  
Guide

Career  
Outlook





Home

Tools

4 — 6 of 13 ◀ ▶

### Wage Conversion Calculator

Convert hourly wages in to weekly, monthly, or annual wages.

Pay period:

Weekly hours:

Enter wage:

### Career Explorer

The Career Explorer can help you filter occupations that meet your required characteristics.

Select an occupation type to get started.

Occupation Type:

### Current Employment Estimates (CES)

Industry employment trends from the Current Employment Statistics program provides one of the best measures of state and local economic performance.

Select a geographic area to get started.

Select Area:

## Our Latest Research

### Industry Trends >>

- Measuring Local Industry Employment Diversity with the Hachman Index
- From Sit Down to Take-out: Food Services and Drinking Places 2017 Sales
- Oregon's Marijuana Industry and Employment Trends
- Corrections: An Oregon Institution Since 1842
- Oregon's Nonprofits in 2019

### Wages & Income >>

- 2020 Oregon Wage Data
- Oregon Jobs in 2019: A Wage Data Perspective
- Fourth Quarter 2019: Jobs Increase and Median Wage Rises
- A Closer Look at Oregon's Median Household Income
- Oregon's Minimum Wage to Increase Each Year Through 2022

### Jobs & Careers >>

- Spring 2020 Hiring Among Oregon Private Employers
- Serving Up Summer Jobs
- Characteristics of Job Vacancies in 2019
- Truck Drivers – The Way of the Road
- Animal Attraction? Consider Zoology or Wildlife Biology

# career exploration databases/tools



- **Human libraries**
  - ✓ [Roadtrip nations](#)
  - ✓ [Career One Stop \(career videos\)](#)
  - ✓ [LinkedIn](#)
- **Informational interviews**



<https://roadtripnation.com/watch/public-television/season-ten?jwsourc=cl>

Explore Careers ▼ Find Training ▼ Job Search ▼ Find Local Help ▼ Toolkit ▼ Resources For ▼

## Career cluster / Industry videos

Video Library

Career videos

Career videos in Spanish

**Career cluster / Industry videos**

Skill and ability videos

Work option videos

Tutorial videos

FAQs about videos



Learn about the major U.S. industries and the types of careers they offer.

Select one of the career cluster / industry videos below.

### Architecture & Construction

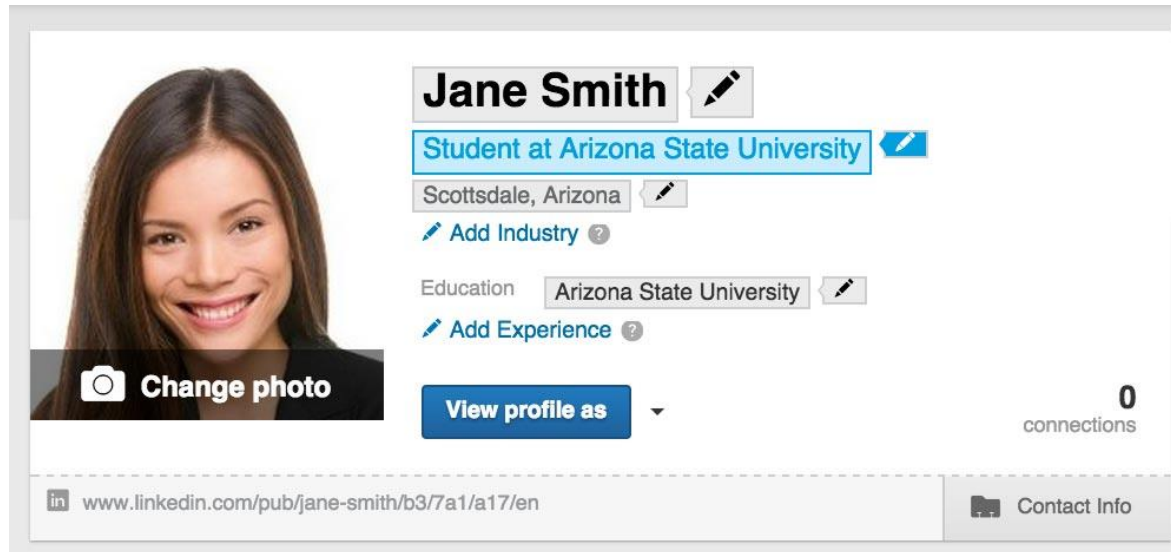


[Architecture & Construction Overview](#)



[Architecture & Construction Occupations](#)

<https://www.careeronestop.org/Videos/video-library.aspx>



**Jane Smith** ✎


Student at Arizona State University ✎

Scottsdale, Arizona ✎

✎ Add Industry ?


Education Arizona State University ✎


✎ Add Experience ?

 Change photo

**View profile as** ▾

**0** connections

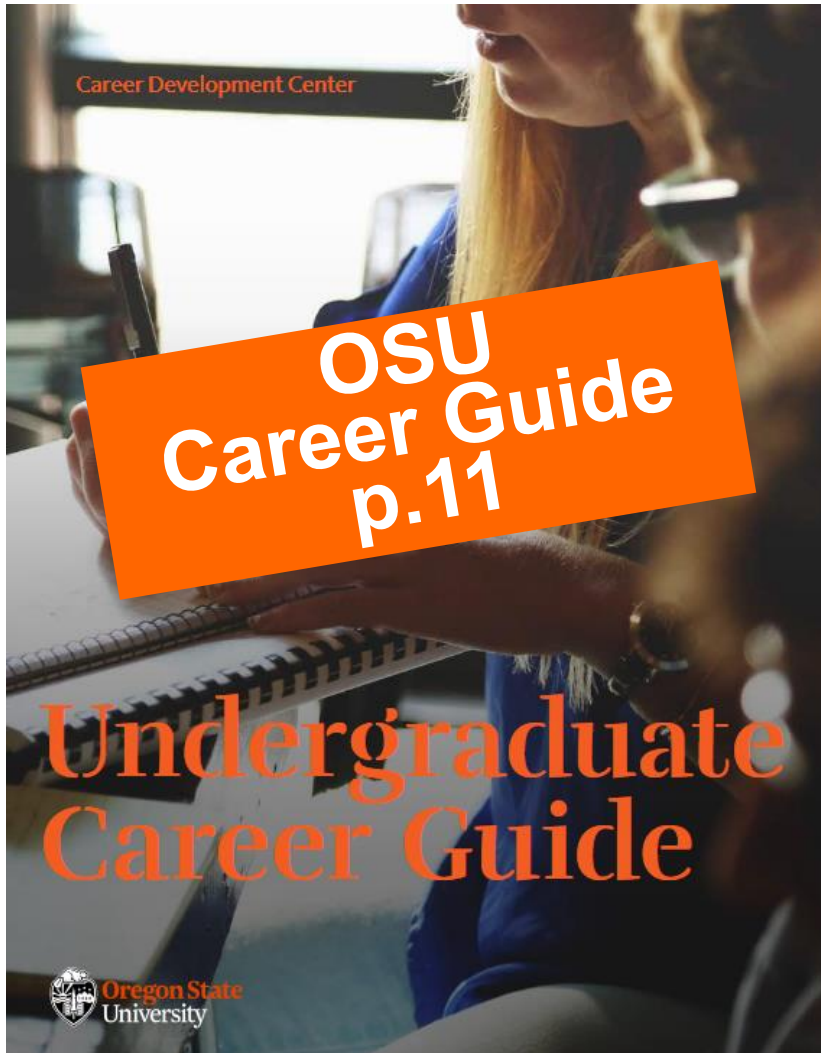
 [www.linkedin.com/pub/jane-smith/b3/7a1/a17/en](https://www.linkedin.com/pub/jane-smith/b3/7a1/a17/en)

 Contact Info



<https://www.linkedin.com/>

# Informational Interviews



Informational interview is all about **learning**

1. Learn about the field
2. Learn about the organization
3. Learn their journeys
4. Ask for advice
5. Ask to be connected with other people for more informational interviews

# Informational Interview Questions

## THE 2-HOUR JOB SEARCH

Using Technology to Get  
the Right Job *FASTER*



STEVE DALTON

Senior Career Consultant and Associate Director,  
Duke University's Fuqua School of Business

## TIARA framework

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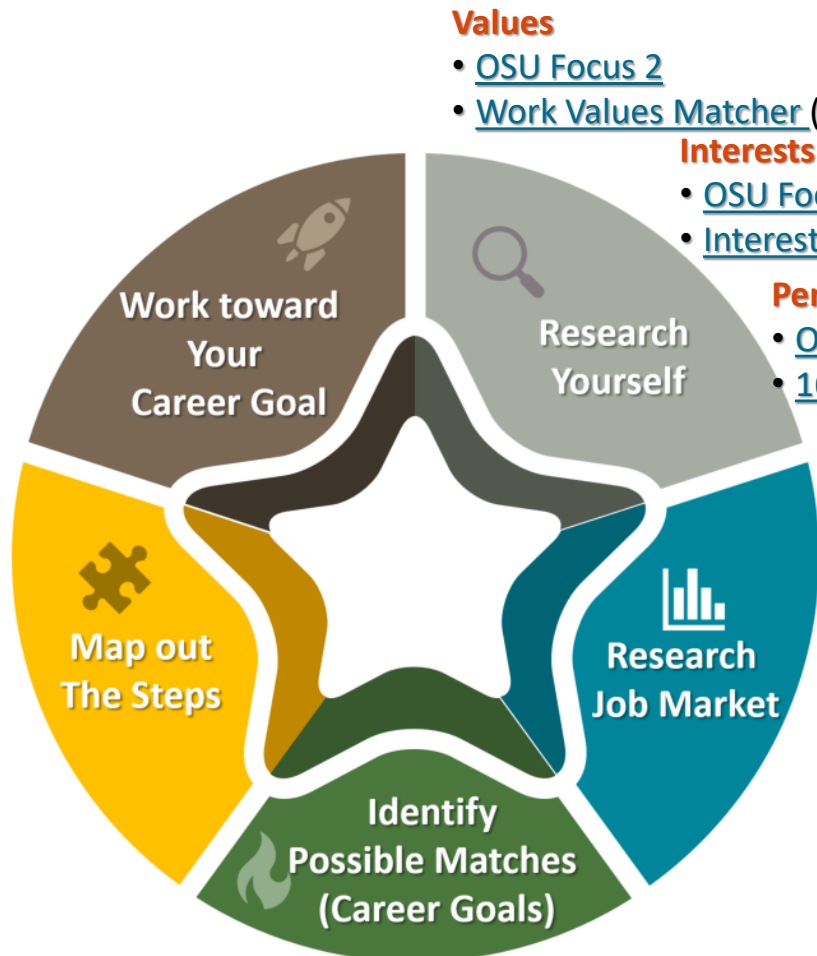
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- Have any projects increased in popularity recently at your organization?
- Have you had interns/new graduates in the past? If so, what sort of projects have they done?

# Use the Links to Start Exploring Career Options



## Values

- [OSU Focus 2](#)
- [Work Values Matcher](#) (@Career One Stop)

## Interests

- [OSU Focus 2](#)
- [Interest Profiler](#) (@My Next Move)

## Personalities

- [OSU Focus 2](#)
- [16 Personalities](#)

## Strengths

- ~~OSU Focus 2~~
- [Clifton Strengths](#) (fee)
- [High5test](#)

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  - ✓ [Roadtrip nations](#)
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  - ✓ [LinkedIn](#)
- **Informational interviews**

**Pivot Point:  
your career goal!!!!**





**Oregon State**  
University