The objective of this exercise is to help you gather information about occupations and identify characteristics about these careers that you like, dislike, or want to research further through web resources. By completing this exercise, you will gain a better understanding of these occupations, what you want, and where you might fit into the world of work.

**IDENTIFY OCCUPATIONS TO EXPLORE**

Choose 5-10 occupations that you want to explore. If you already have occupations in mind, start there!

For more ideas on occupations you might explore, visit career.ku.edu / Career and Job Search Preparation / Careers and KU Majors. From the Majors list, select your current major or major(s) you are considering; each page contains sample occupational titles. You can also visit our career resource library at 110 Burge Union; we have hundreds of books to help you explore occupations in your interest area(s)!

The UCC also offers career assessments that can help you identify occupations that complement your unique interests and preferences. You can learn more about these assessments at career.ku.edu / Assessments or by calling our office at 785.864.3624.

**RESEARCH OCCUPATIONS ONLINE**

Once you have selected 5-10 occupations to research, you can begin gathering information from any/all the following useful websites:

- **Occupational Outlook Handbook:** BLS.gov/OCO
- **CareerOneStop:** CareerOneStop.org
- **O*Net:** Online.ONetCenter.org
- **Wetfeet:** Wetfeet.com

When you research your 5-10 occupations, consider the following questions:

- What kind of activities do these professionals do on a daily basis?
- What kind of work environment do these professionals typically work in?
- What kind of skills/knowledge do these professionals typically possess?
- What kind of education/training would I need to pursue this profession?
- What is the average salary for these professionals? What is the projected outlook for job growth in this field?
- What are some related careers I might also like to explore?

On the following pages of this packet, there are spaces for you to reflect on your research for each occupation. Use these spaces to reflect on things you liked, things you disliked, and things that raised questions or concerns for you about the occupation. Bring this worksheet with you to your next career coaching appointment.

**Example:**

**Occupation:** Public Relations Manager

**Like:** Establish working relationships with others, promote corporate image to public, write speeches and press releases, think creatively to develop new ideas and relationships, most positions held by college graduates...

**Dislike:** Formulate policies and procedure, supervise staff, maintain company archives...

**Questions/Concerns:** Must be able to manage budgets – how do I get experience doing that? I don’t have supervisory experience – how can I get that? Does KU offer PR courses/majors?
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<th>Occupation</th>
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