

GEN-1040: CAREER EXPLORATION

Cuyahoga Community College

Viewing: GEN-1040 : Career Exploration

Board of Trustees:

June 2023

Academic Term:

Fall 2023

Subject Code

GEN - General Studies

Course Number:

1040

Title:

Career Exploration

Catalog Description:

Exploration of personality, interests, skills, and values through a series of self-assessments and inventories based on career theory. Emphasis on the nature and meaning of work in relation to life and career satisfaction. Occupational resources analyzed and discussed.

Credit Hour(s):

2

Lecture Hour(s):

2

Lab Hour(s):

0

Other Hour(s):

0

Requisites

Prerequisite and Corequisite

None.

Outcomes

Course Outcome(s):

Develop an effective career plan via: reflection on self-awareness/discovery activities, completion and interpretation of career assessments and inventories, engagement in career experience activities, and exposure to occupational and career resources.

Objective(s):

1. Reflect on the results and characteristics identified by various career assessment and inventory tools to assist in the development of an effective career plan.
2. Investigate occupations compatible with individual values, goals, interests, personality, skills, and needs.
3. Understand and apply informed career decision-making concepts.
4. Explore and apply concepts of leisure time.
5. Examine major occupational information sources and be able to identify labor market trends (local and national).
6. Utilize online career research tools to access occupational information including: academic majors, salary calculators, employment outlook, higher education institutions, and additional occupational resources.
7. Complete an in-person/telephone interview or job shadowing experience related to an occupation of interest to enhance the crystallization process.
8. Conduct a classroom presentation on the experience and discoveries made during the informational interview/job shadowing experience.
9. Provide a written summary of the informational interview/job shadowing experience.
10. Utilize a life-line activity to reflect and share life experiences that have influenced their past and present academic and career decisions

11. Analyze components of making an informed career choice.
 12. Identify personal factors that lead to job satisfaction.
 13. Research, assess, and synthesize occupational information.
 14. Create an activated and locked academic plan in Degree Works if class is to be used to fulfill the College's FYE requirement (GEN 1070).
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Methods of Evaluation:

- a. Self-assessment in areas including: values, goals, interests, personality, skills, and needs.
- b. Oral presentations.
- c. Written assignments.
- d. Projects.
- e. Participation in experiential career activities.
- f. Online career resource search.

Course Content Outline:

- a. Career development theories:
 - i. Crites
 - ii. Gardner
 - iii. Ginzberg
 - iv. Holland
 - v. Jung
 - vi. Maslow
 - vii. Myers & Briggs
 - viii. Parsons
 - ix. Roe
 - x. Savickas
 - xi. Strong
 - xii. Super
 - xiii. Other
- b. Career assessments and Inventories:
 - i. CAI (Career Assessment Inventory)
 - ii. CAPS (Career Ability Placement Survey)
 - iii. COPS (Career Orientation Placement and Evaluation Survey)
 - iv. Harrington-O'Shea Career Assessment
 - v. Myers-Briggs Personality Type Indicator
 - vi. SDS (Holland Self-Directed Search)
 - vii. WOWI (World of Work Inventory)
 - viii. Work and Life Values Inventory (Super)
 - ix. My Vocational Situation (Holland)
 - x. VIA Survey of Character Strengths
- c. Occupational and career resources:
 - i. Guest speakers
 - ii. Career Services
 1. Internships
 2. Co-ops
 3. Shadowing
 4. Resumes
 5. Interviewing skills
 - iii. Online resources
 1. O*Net
 2. Occupational Outlook Handbook (BLS)
 3. Jobs Ohio
 4. Academic majors
 5. Salary calculators
 6. Higher education institutions
 7. Cuyahoga Community College websites

- a. Counseling
 - b. Career services
 - c. Transfer Center
 - d. Programs
- d. Individual synthesis and integration of the career decision-making process:
- i. Career assessment interpretation and processing with licensed counseling faculty.
 - ii. Life-line activity.
 - iii. Career experience activities (e.g. occupational shadowing, Informational interviewing, career videos etc.)
 - iv. Future board activity from self-discovery based on course information.
 - v. Career summary sheet.

Resources

Richard Nelson Bolles, and Katherine Brooks. *What Color Is Your Parachute? 2022: Your Guide to a Lifetime of Meaningful Work and Career Success*. 19th ed. Ten Speed Press, 2021. 12/14/2021.

Richard Nelson Bolles. *The Job Hunter's Survival Guide: How to Find Hope and Rewarding Work Even When "There are No Jobs"*. Ten Speed Press, 2012. 4/4/2012.

Harris-Bowlsbey, Joann. *Take Hold of Your Future*. 6th Edition. National Career Assessment Services, 2012.

Lawrence K. Jones. *What Job is Best for Me?*. Career Key, 2013.

Michael Stebleton, and Michael Henle. *Hired! The Job Hunting and Career Planning Guide*. 4th ed. Pearson Publishing, 2010. 5/20/2010.

U. S. Department of Labor. *Occupational Outlook Handbook*. Washington, D.C.: Government Printing Office, 2018.

Diane Sukiennek and Lisa Raufman. *The Career Fitness Program: Exercising Your Options..* 11th Edition. Prentice Hall, 2014. 12/29/2014.

Paul Tieger, Barbara Barrob-Tieger, and Kelly Tieger. *Do What You Are: Discover the Perfect Career for You Through the Secrets of Personality Type*. 6th ed. New York, NY: Little Brown Publishing, 2021. 4/13/2021.

Donna Yena. *Career Directions: The Path to Your Ideal Career*. 7th ed. McGraw Hill, 2019. 1/8/2019.

Francine Fabricant, Jennifer Miller, and Debra Stark. *Creating Career Success*. 1st ed. Cengage Learning, 2013. 1/1/2013.

Resources Other

- a. <http://www.bls.gov/ooh> (<http://www.bls.gov/ooh/>) Occupational Outlook Handbook
- b. http://www.onetonline.org/O*NET OnLine
- c. <http://ohiolmi.com/> Ohio Labor Market Information (ODJFS)
- d. <http://www.careerinfonet.org>Career Infonet

e. <http://www.tri-c.edu/counseling-center/index.html> (<http://www.tri-c.edu/counseling-center/>) Cuyahoga Community College Career Counseling web page

Top of page

Key: 2085