

Explore Majors:
Learning about how God has Made and Called You

By

Dr. Deb Sullivan-Trainor
Vice President and Dean
College of Arts and Sciences
Bethel University

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RIASEC¹

Circle those adjectives that best describe you. Place an “X” in front of those adjectives that are least like you.

R _____	I _____	A _____
Practical Athletic Rugged Stable Frank Persistent Conforming Down-to-Earth Self-Reliant	Careful Achieving Curious Precise Independent Introverted Confident Analytical Intellectual	Emotional Expressive Imaginative Unordered Creative Impulsive Flexible Idealistic Original
S _____	E _____	C _____
Helpful Insightful Kind Friendly Tactful Understanding Popular Cooperative Responsible	Energetic Driving Ambitious Assertive Enthusiastic Adventurous Powerful Persuasive Competitive	Conscientious Persistent Organized Obedient Dependable Orderly Efficient Detailed Thorough

Review the adjectives you circled. Which groups of adjectives best describe you? From which three of the six groups do most your adjectives come? Rank the groups from 1 - 3 on the line next to the groups from which most of them come.

My groups:

1. _____
2. _____
3. _____

¹ The RIASEC model was created by John Holland and is frequently used in career exploration. These categories are used on the O*Net See <http://personality-testing.info/tests/RIASEC/>

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Realistic – Accounting, Environmental Studies, Engineering, Physical Education, Athletic Coaching, Biokinetics

Investigative - Biology, Biochemistry, Business (Marketing) Chemistry, Computer Science, Ecology, Journalism, Law, Mathematics, Philosophy. Psychology, Sociocultural Studies

Artistic – Art, Languages, Communication Studies, English Literature, Music, Theatre, Graphic Design, English Literature and Writing

Social – Biblical and Theological Studies, Business (Human Resources) Communication Studies, English, Education, Environmental Studies, History, International Relations, Missional Ministries, Nursing, Political Science, Psychology, Reconciliation Studies, Social Work, Sociocultural Studies, Third World Studies

Enterprising Business, Business (Marketing), Communication Studies, Economics, Finance, Languages

Conventional – Accounting, Business, Computer Science, Economics, History, Mathematics, Political Science

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Values List 3 things you have accomplished that you are particularly proud of. Check the value that were involved in each accomplishments in your list.²

1. _____
2. _____
3. _____

		1	2	3
Accomplishment	Knowing you've done well			
Advancement	Moving up			
Aesthetics	Caring about beauty and harmony			
Cooperation	Living in harmony with others			
Creativity	Developing new ideas or things			
Economic Return	Working at job that pays well			
Education	Appreciating learning			
Family	Caring, about parents, children, and relatives			
Freedom	Having free choice of thoughts and actions			
Health	Feeling emotional/physical/spiritual well-being			
Helping Others	Being of service to people			
Independence	Planning your own schedule			
Integrity	Displaying behavior consistent with your beliefs			
Loyalty	Showing devotion to someone or something			
Management	Planning and supervising work			
Pleasure	Seeking enjoyment and gratification (fun)			
Power	Having influence and the ability to act on it			
Prestige	Becoming well-known and respected			
Recognition	Gaining respect and admiration			
Security	Being certain of something			
Teamwork	Working together productively			

² From *The Career Fitness Program: Exercising Your Options 8th edition* by Diane Sukiennik. New Jersey: Pearson Education, 2007.

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1. In college, I would like to learn more about...

2. I would like to get better at ...

3. I am interested in majors that

4. Majors I will explore:

5. Minors I will explore:

6. Next steps

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Online resources:

Self-Directed Search - <http://www.self-directed-search.com/>

An online, 20-minute test asks about your interests, aspirations, and skills. Personalized report provided that indicates your work personality (uses Holland's RIASEC model) and corresponding occupations, fields of study and leisure activities. Cost: \$9.95

O*Net Online - <http://www.onetonline.org/>

Detailed descriptions of the world of work. Take what you know about yourself and learn about careers that match with your: *abilities, interests, knowledge, skills, and values*. Learn about professions that offer the *types of activities you enjoy* and the *type of environment you prefer*.

What can I do with this major? - <http://whatcanidowiththismajor.com/major/>

A searchable website includes 80 majors. Provides areas of focus and types of businesses in which the major might be used. Indicates strategies to prepare you for careers in a variety of areas.

Occupational Outlook Handbook - <http://www.bls.gov/ooh/>

Lists occupational groups, such as, healthcare, legal, art and design. For each group a wide variety of jobs are listed. For each job you can learn: what people in this occupation do, what their work environment is like, how to become one, the pay, the job outlook, similar occupations and contacts for more information, such as professional organizations for this occupation.

Bethel Majors and Minors - <http://catalog.bethel.edu/arts-sciences/academic-programs-departments/>

For each major, there is a quick view of the department and the majors offered, reasons to consider pursuing the major at Bethel, potential careers for students with this major, information about faculty.

Bethel Academic Catalog - <http://catalog.bethel.edu/arts-sciences/>

Provides information about all majors and minors, including overview of each department, courses offered by each department, requirements for all majors and minors. Gives information about overall requirements, such as GPA, and number of credits required for graduation, General Education requirements, and descriptions of General Education courses.

Explore Majors - <https://www.bethel.edu/undergrad/academic-affairs/faculty/advising/>

Explore Majors: Learning How God has Made and Called You PowerPoint used during Explore Majors session at Bethel admissions event.