

Career

CDC

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Career Planning Developing Self Reliance

**Struggling about what to do with your major?
Wondering what you could do with a major you're considering?
Feeling "career clueless"?**

Finding a career is not an event that occurs like a bolt of lightning but is a process. Your major, while an important part of your education, does not determine or restrict your career options. **A career evolves over time and is a function of who you are as a total person.** Rather than being passive and waiting for a bolt of lightning to strike with an answer, successful career planning requires **active involvement** in the process.

Critical Attitudes

Preparing for a career requires similar attitudes demanded by most jobs: flexibility, adaptability, knowledge of our own strengths and weaknesses, initiative, resourcefulness, openness, creative problem solving, effective decision-making skills, and often a tolerance for ambiguity.

What Do Employers Want?

According to a survey conducted by the National Association of Colleges and Employers, the top qualities employers seek are:

1. Communication skills
2. Motivation/initiative
3. Teamwork skills
4. Leadership
5. Academic achievement
6. Interpersonal skills
7. Flexibility/adaptability
8. Technical skills
9. Honesty/integrity
10. Work ethic
11. Analytical/problem solving skills

These characteristics can be developed in a number of ways: through academics, campus activities, internships, study/work abroad, volunteer work, jobs.

Take Responsibility

Significant and unanticipated changes in the economy and job market require each of us to assume personal responsibility for our own career. We need to become "career self reliant" and develop the personal resources to be resilient in the face of change.

This includes having **a good understanding of ourselves in relation to the world of work**, so we can manage change more easily. If we understand what motivates us, what is important to us, what we need and what skills we offer, we will be better equipped to anticipate and respond positively to changes in career direction, the economy, or personal circumstances. And change will come.

While at Binghamton, get started on developing skills and attitudes to prepare for your professional future. CDC is here as a resource. We don't *get* jobs for people but we offer a helping hand and many resources. Read on to learn more about the steps involved in career self reliance and CDC.