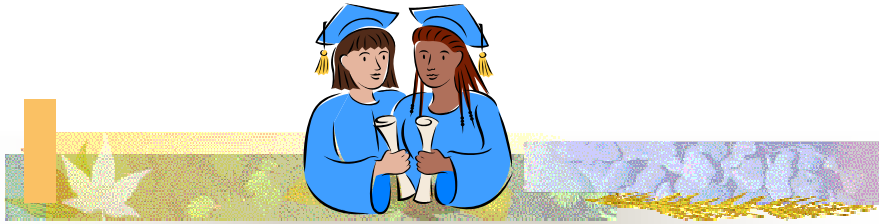




CHOOSING A CAREER




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INTRODUCTION

Many graduates from high school enter colleges with little or no sense of what they want to do. Or they make choices that leave them feeling trapped.



Career choices are important because they largely determine your income, standard of living, community status, general satisfaction with life, self-esteem, emotional well-being, social contacts and use of time.



GOAL

To motivate participants to make informed career choices.



OBJECTIVES

At the end of the seminar, participants will be able to:

- identify different pressures that make career choices challenging;
- identify the costs of making mistakes in career choices;
- analyze their SWOT in relation to career choices;
- identify their vocational type.



WHAT IS A CAREER?

Oxford Advanced Learner's Dictionary defines career as “a job or profession, especially, one with opportunities for progress or promotion”.

It also defines vocation as “a strong feeling that one is specially fitted for a certain type of work or way of life”.



PRESSURES INFLUENCING CAREER CHOICE.


- **FAMILY**
- **SOCIETAL**
- **CIRCUMSTANCES**
- **PAST PERFORMANCE**



YIELDING TO PRESSURES COST YOU SOMETHING!

We have identified four effects of making ill-advised career choices:

- **DISSATISFACTION**
- **INSTABILITY**
- **EMOTIONAL TURMOIL**
- **LOW SELF ESTEEM**



WHAT IS **SWOT**?

SWOT is an acronym for **S**trengths, **W**eaknesses, **O**pportunities and **T**hreats. **SWOT** analysis helps you to gain insight, think and act more clearly. It allows you to identify and remove the barriers that stop you from achieving what you really want in life.

SWOT ANALYSIS

In analyzing your **SWOT**, you need to consider the following:

- **Strengths:** What are your special talents or abilities?
- **Weaknesses:** What are your personal shortcomings?
- **Opportunities:** What are the opportunities in your environment useful to your efforts to succeed in your career choice?- In college and outside of it?
- **Threats:** What are the stumbling blocks or obstacles that could prevent you from making your sound career choices?

CAREER/VOCATIONAL TYPES

The six temperamental types are:

- Conventional
- Enterprising
- Social
- Realistic
- Investigative
- Artistic

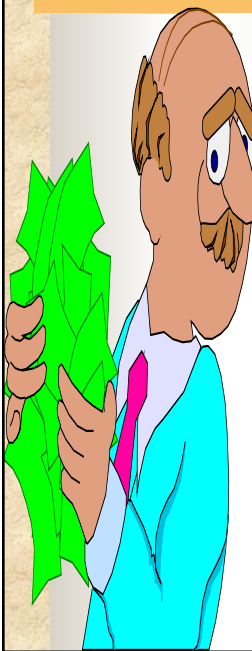


CONVENTIONAL TYPE

- Conscientious
- Practical, thrifty & unimaginative.
- Structure & order oriented.
- Emphasize self-control.
- Skillful in Math and clerical activities.
- Like to work indoors and organize things.

Sample careers for conventional type:

- Financial Analyst
- Banker
- Tax Expert
- Secretary
- Database Administrator
- Auditor
- Accountant



ENTERPRISING TYPE

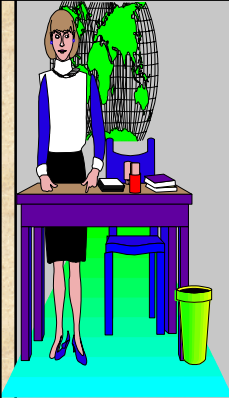
- Leadership and public speaking abilities.
- Inquisitive, ambitious, adventurous, optimistic.
- Domineering, energetic, extroverted, impulsive.
- Sociable & self- confident.
- Interested in money & politics.

Sample careers for enterprising type:

- TV producer
- Business executive
- Sales Person
- Travel agents
- Politicians
- Lawyers

**KEEP KIDS
IN SCHOOL**

**KEEP KIDS
OFF DRUGS**

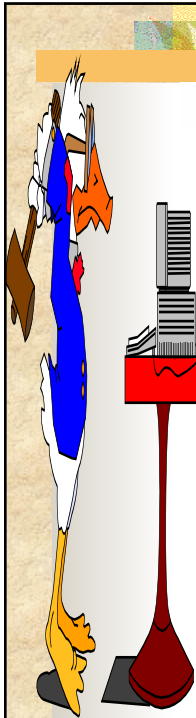


SOCIAL TYPE

- Value social interactions
- Enjoy working in teams
- Like to enlighten, train and develop others
- Satisfy their needs in teaching or helping situations
- Community service oriented and are concerned with social/religious issues

Sample careers for social type:

- Career Counselor
- Teacher
- Nurse
- Psychologist
- Social Worker
- Police Officer
- Child Development Specialist
- Dietician
- Religious Worker
- School Principal.

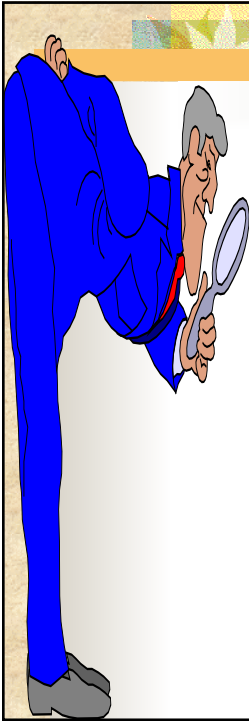


REALISTIC TYPE

- Assertive behavior
- Interested in activities that require motor coordination skill and physical strength
- Prefer concrete approach to problem solving rather than relying on abstract
- Less sociable & less skilled at interpersonal interaction
- Tend to be interested in scientific or mechanical rather than cultural and athletic areas

Sample career for realistic type:

- Engineering career
- Computer Science
- Pilot
- Programmer
- Chemist
- Accountant




INVESTIGATIVE TYPE

- Like to explore and understand things or events, rather than persuade others to tell them things.
- Prefer to think than to act, to organize and understand rather than persuade.
- Usually have math and science abilities
- Like to work alone and solve problems.

Sample career for investigative type:

- Chemists
- Physicists
- Anthropologist
- Laboratory Assistants
- Physician
- Neurologists
- Electrical Engineer
- Project Engineer
- Dentist



ARTISTIC TYPE

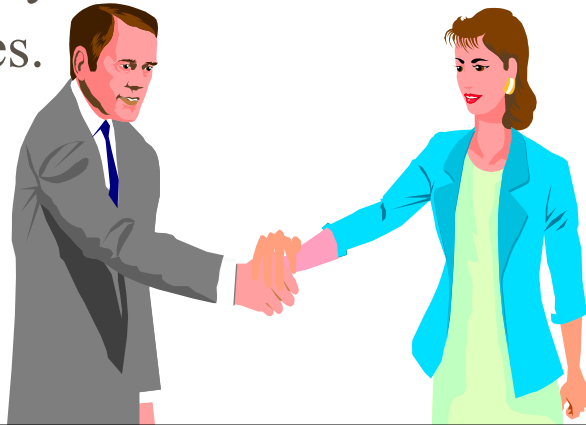
- Artistic skills
- Enjoy creating original work and have a good imagination.
- Complicated, disorderly, emotional, expressive, idealistic, imaginative & impractical
- Impulsive, independent, introspective, intuitive, non-conforming, open and original.

Sample career for artistic type:

- Composer
- Musician
- Doctor
- Writer
- Painter
- Editor
- Designer
- Architect
- Photojournalist
- Drama/theater artist.

CONCLUSION

■ Knowing what you are cut out to do helps prepare you to make informed career choices.



FOR FURTHER READING:

- Josh McDowell & Bob Hostetler (1996), *Josh McDowell's Handbook on Counseling Youth*,
- Tim LaHaya (1992), *Spirit-Controlled Temperament*,
- www.mapping-your-future.org
- www.usm.maine.edu/csce/STUDENTS/Majors/choose.html
- www.education-world.com
- Most American Universities' websites offer career counseling online to help you choose your majors.
- www.nigeria.usembassy.gov