

Career Exploration Sites

Stephen F. Austin State University | Center for Career and Professional Development

Below are some of the best sites on the Internet for researching occupations and majors. Although the main reason you might use this sheet is to work through the list of occupations and majors you and your career coach created while going through your Strong and/or Typefocus inventory results, feel free to research anything that strikes your interest! The research process by no means stops here. Consider the information you find as a doorway to help you further investigate and occupations that spark your interest! Find your passion and land your dream career today!

**The following tools can be found on your Jobs4Jacks account under the career center's resource page or at the links provided.*



➤ Visit <http://online.onetcenter.org>

Tip: With O*Net (and the other sites listed below), you may have to search around to find the site's preferred keyword for certain occupations you're looking for. For example, if you were to type in "Nurse" in the keyword box at the top of the home page, you would get around ten results with "nurse" in the occupation title (e.g., "Registered Nurses", "Nurse Midwives," etc.).

Tip: Consider paying particular attention to the "Tasks" section at the top after you've selected an occupation to research. A generally good rule of thumb is that if at least seven of the tasks match your interests, this is something you might consider looking further into as a possible career, or something you may want to talk to your Career Coach about in your next session.

Occupational Outlook Handbook



1. Go to www.bls.gov/oco/
2. Search for an occupation by using the toolbar on the left, such as by looking at general professions (e.g., "Farming", "Professional", "Service", etc.) or by using the search box.

Tip: A great thing about the Occupational Outlook Handbook is that the information is updated on a yearly basis, including areas of job outlook, earnings, and projected job growth over a ten year span. There is also plenty of information on job descriptions, which may go into more detail than the other sites listed here.

Occupational Videos



- Go to <http://tinyurl.com/clustervideos> to search videos by industry.
- Go to <http://tinyurl.com/alloccupations> to search all occupations.

Tip: There are over **500 different career videos** categorized according to different industries!

Lifestyle Calculator



Will you be able to afford the lifestyle you want?

It's difficult to predict the future, but it's never too early to start planning for it. Texas Reality Check will show you how much your living expenses will cost, and the amount of money you will need to earn to pay for them.

Tip: Utilize the Occupation Calculator! Choose an occupation, then review your expenses to see if its salary can support your lifestyle.

Occupational Interviews



- Visit www.candidcareer.com

CandidCareers is a premier provider of **thousands** of informational video interviews featuring industry professionals. They are dedicated to providing the inside scoop on careers as well as advice that will give you an edge in your job search. You will hear what made them choose their profession, what it's like to work in their field, and advice on being successful within that career.