



## Career Counseling

Career Services can assist you with making career decisions no matter where you are within the Career Development Process. If you are unsure about what kind of work you want to do after college, which major to study, or you just want to learn more about the industry you have already chosen, ask about Career Counseling. Here are some frequently asked questions about career development and our service, Career Target Program.

**What happens during career counseling?** Career counseling helps you find a career focus through:

- Personalized conversations with your career counselor
- Career assessments, activities, and reading materials to help you find your career focus

Students can earn a certificate that states they "successfully completed a career goal-setting program developed by Career Services comprised of career assessments as well as career exploration and research activities" to insert into their portfolio. Visit our website and watch the video on what to expect from career counseling

**Who benefits most from career counseling?** Career counseling can be useful for individuals who

- do not know what career field they would like to enter
- are having trouble deciding on a college major or program
- want to confirm a career choice that they have already made.

**Career Assessments** Two assessments, the Myers-Briggs Type Indicator and the Strong Interest Inventory, are offered as part of our Career Target Program. Should you decide to participate in that program, your counselor will explain how to take the assessments and will interpret the results with you. There is a small fee of \$20 (\$10 each). Don't let the fee prevent you from taking advantage of this opportunity to find the best occupation for you. There are several available assessments, just let your counselor know so those without fees can be assigned.

**Myers Briggs Type Indicator (MBTI)**® The MBTI can help you understand the attributes of your personality and how they relate to your career choices. You will receive a report that includes a list of possible careers. It usually takes from 20-30 minutes to complete. You can download more information about the MBTI and see a sample report on our website.

**Strong Interest Inventory**® The Strong Interest Inventory examines your preferences about occupations, extracurricular activities, academic subjects, and more. By identifying trends among your interests, the assessment generates an extensive list of prospective careers for further exploration. Please allow 30-40 minutes to complete this assessment. You can download more information about Strong Interest Inventory and see a sample report on our website.

**The Choices Planner by Bridges (Free)** Try this comprehensive program that you can access on the Internet. It is self-paced and includes a wealth of career assessments and information. Students may choose an English or Spanish version. Some of the program features include:

- complete interest, skills, and values assessments to identify your personal career options
- access over 650 descriptions of various careers
- watch over 400 career videos to see real people doing their jobs

Visit our website or contact Career Services to learn more about Choices Planner.

Many other free assessments are available on the internet. Individual results with free assessments may vary.

## Eligibility for career counseling and other career services

You must be a current CPCC student enrolled in a curriculum program to participate in the Career Target Program. If you are attempting to register for courses and are not yet an enrolled CPCC student, please call Career Services and discuss your situation with a Career Counselor. If you are not eligible to participate in the Career Target Program, we have designed other services to assist you with your career development needs. Please visit [www.cpcc.edu/transition](http://www.cpcc.edu/transition) to learn more about Career Transitions Services for the community and Corporate and Continuing Education students.