



Major/Career Exploration Instructions for Athletes

Business/Communication Bldg – Career Center Room 221

Hours: M through Th 9:00-4:00

NAME: _____ **DATE:** _____

The purpose of this assignment is to help clarify your career and educational goals using resources at the Career Center and on their website. Primarily we will be using the **EUREKA**, a powerful on-line resource to which SBCC subscribes.

You are encouraged to complete the [Choose a Major Worksheet](#) available in the Career Center or on-line. Using the three highest-scoring areas of your worksheet and reviewing the related [Holland's Hexagon of Interests](#) you can identify corresponding majors to explore. Careers are coded in databases using the Holland code as well.

Go to EUREKA from the Career Center website <http://www.sbcc.edu/careercenter/>. In EUREKA, click on "Create Account." Use the SBCC site ID code: **VUOHNDU**. Select "Dashboard" as your home page and then navigate to Education, Majors/Programs to get started with this assignment.

List one **college major** you would like to research _____

What does this major prepare students to do (general overview of major)?

What interests you about this major?

What are some typical courses you would take within this major?

Are there any specific program or entrance requirements for this major?

List four in-state colleges that offer the major you selected. *To find colleges that offer your major and sport, you can utilize the filter in the EUREKA program (from the Education panel, choose Colleges & Universities); or Peterson's program (www.petersons.com); or the NCAA website (www.ncaa.org).*

- | | |
|---------|---------|
| 1 _____ | 2 _____ |
| 3 _____ | 4 _____ |

List the names of two out-of-state colleges that offer this major.

- | | |
|----------|----------|
| 1. _____ | 2. _____ |
|----------|----------|

What are a few occupations related to this major that might interest you?

What **OCCUPATION** would you would like to research? _____ Based on the information in **EUREKA**, what appeals to you and what concerns do you have about this occupational choice?

What is the nature of the work and typical responsibilities involved in the occupation?

What is the **salary** and **job outlook** for this occupation?

Read the **Preparation** section in Eureka. What education or training is usually required for this occupation?

What are some other majors that could lead to this occupation?

What will be your next step to prepare for your chosen occupation **or** to further explore occupations? (Suggestions: Use additional resources in the Career Center such as: Meet with a counselor, find volunteer or internship opportunities)

Look at the Career Center website and/or printed resources relevant to the occupation or major you have selected and referring to one, write a brief statement about information that was especially pertinent to you. Access websites from the [Major/Career Exploration page](#) of the Career Center website.

Staff Member's Signature _____