

# CAREER EXPLORATION STRATEGIES

## 3-Step Process

### 1 SELF ASSESSMENT

Who are you? What are your skills, interests, traits, values and what work environment is right for you?

- [CAPD Career Handbook](#)- Includes assessments, resources and tips
- [Designing Your Life](#) - Series of videos discussing career exploration mindsets
- [Career Explorer](#) - Free career test
- [Career One Stop](#) - Source for career exploration, training, and job research
- [ImaginePhD](#) - PhD focused career exploration and planning tool for humanities and the social sciences

### 2 CAREER RESEARCH

What positions fit your skills? What industries/institutions can use your skills and what options do you have within your current path?

- [MIT Graduating Student Survey Data](#) - First destination information on employment, salaries, graduate schools and more.
- [Vault](#) - In-depth profession overviews from a variety of industries
- [O\\*Net Online](#) - Detailed descriptions of the world of work for use by job seekers
- [U.S. Bureau of Labor Statistics](#) -Occupational outlook handbook

### 3 CREATING AND EXECUTING YOUR ACTION PLAN

Build relationships, explore careers, and network. Create an effective communications plan and brand yourself as a professional.

- [MIT Advisors Hub](#) - Get advice and insight from alumni who are willing to share their knowledge and make a difference
- [LinkedIn MIT](#) - Click Alumni tab to see where other MIT alumni ended up