

# Career Exploration



## What's your personality type?

WHAT DO YOU WANT TO BE WHEN YOU GROW UP? Some of us are still trying to answer that question well into adulthood. So many options are out there that it can seem overwhelming. Yet, just thinking about various jobs we're aware of can limit our options severely. So what's the best way to go about deciding on a career? Well, here are my two cents:

First, find out what personality type you are, and zero in on your interests. This is an essential first step since most people want more than a paycheck from their jobs—they want satisfaction. They want to feel they are doing something that matters, and that they are good at it. That's why personality and interests are so important. Psychologists have found that we all have a personality type, and that those types generally equate to certain jobs that make that "type" feel fulfilled on the job. You may already have a feel for what type you are, but do a little exploring to make sure. A person who is strongly in the inves-

tigative type, for instance, would probably like working alone in a cubicle with facts and figures a lot more than a person who is a social type. And don't expect to be a great car salesman if you are an artistic type. Finding the right fit for your personality will help you love your job, or at least not hate it. Here are some good places to start:

- <http://www.hollandcodes.com/>
- <http://utahfutures.org> - click on career interest surveys
- <http://jobs.utah.gov/wi/pubs/adultcareerguide/findyourpersonalitytype.pdf>
- <http://careertrees.org/asp/hollandquiz.aspx>

Also focus on your interests: Just like personality, your interests can help guide you to a career you'll find satisfying and rewarding.

- [http://www.onetcenter.org/dl\\_tools/IP\\_zips/IP-Instr-deskv.pdf](http://www.onetcenter.org/dl_tools/IP_zips/IP-Instr-deskv.pdf)

# by Personality Type



Second, develop a plan. Where are you right now? If you're just graduating high school or thinking of going back to college, look carefully at your options for colleges, applied technology centers and college majors to ensure your training will be effective in landing the kind of job you are shooting for.

- <http://utahfutures.org> - click on information under Education and Training

Third, investigate different occupations. For Utahns, check the career chart in the DWS publication, Career Guide, to see what various occupations in Utah pay. Since the chart is organized by personality type, you can see lots of occupations that might suit you, all in one document: <http://jobs.utah.gov/export/wi/pubs/adultcareerguide/utahcareers.pdf>. Scroll to pages 12-31 to find your type and see the jobs in Utah under that type. Also in this chart, look for the star rating. This will tell you at a glance how "good" (good wages, number of openings per year)

the job is. Investigate more Utah occupations at this web site: <http://jobs.utah.gov/jsp/wi/utalmis/gotoOccinfo.do> by using the keyword search or drilling down through occupational categories. Of course, talking to people about their jobs is also a good way to find out things you didn't know about jobs you might not have heard about.

Fourth, find work or enroll in school. If you're going straight for the job, be sure to have a good resume, adapt it to every job you're applying for. If you're going to get training, you might want to look for financial aid (check with the college you're applying to) and see about testing out of basic courses to shorten your time in school.

- <http://utahfutures.org> for information on financial assistance for education

Finally, use this guide and our main Career Guide (<http://jobs.utah.gov/export/wi/pubs/adultcareerguide/utahcareers.pdf>) as you go, to help you with all the pieces of choosing a career and making it work for you. Good luck! ☺

What  
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