

Summer Bridge 2020 - Week 6: June 15, 16  
Career Services session - Community Enrichment series

Understanding Yourself and Your Major/Career Options: The Perfect Match

*Some of you might still be deciding on a major and future, many of you will change majors, and some of you will confirm your first choice. Regardless, this session will appeal to all of you! This session will include an activity with the on-demand Candid Career as well as an introduction to 16personalities.com. Discover more about the ideal combination of learning about yourself and about majors/careers and resources to help you find that match.*

Opening (2 minutes)

- Confirm attendees can see and hear speakers as well as slides
- Career Services staff introduce themselves
- Students introduce themselves: name, where you're coming from, what you wanted to be when you grew up when you were little
  - Transition: just as that probably changed, so will your ideas about things to try both now, during college, and for the rest of your life

Career Services information (10 minutes)

- Acknowledge difficult decision of choosing academic program and desired career path and reality of changing interests over time as they are exposed to more experiences and perspectives
- Importance of matching who they are with their major/career options
- Connecting with departments, current students, and alumni to learn about options
- Meaningful involvement during college to get exposure to different areas
- Resources to help:
  - Career advising conversations and how to connect with us
  - What Can I do With This Major?
  - Assessments: Focus 2/Strong Interest Inventory
  - Candid Career (will do activity shortly)
  - 16personalities.com

16personalities.com (3 minutes)

- Ask if anyone has ever taken MBTI before? Other research-based assessments?
- Briefly introduce website and how MBTI works and why it's valuable - encourage them to take this 12 minute assessment outside of session and we'll look at results as a bridge group
- Notify students that we will email them short [Google form](#) asking for their result to be completed by June 19 (that Friday) - asks for which type they were, degree to which they thought results were accurate, and any other reaction to their results

Candid Career (15 minutes)

- Briefly introduce website and show where to access full version on francis.edu/career
- Give students 8-10 minutes to identify and watch one of the interviews and prepare to report out which one they watched and something they learned (it's okay if some students spent more time exploring the options, but instructions will be to watch one in full)
- In final 5 minutes, students share what they watched, why they picked it, and what they learned about the role

Closing (1 minute or less)

- Thank them for offering time to attend, reminder to take 16personalities and send results in Google Form, how to reach Career Services, let advisor know of any questions or concerns