



**CAREER & LIFE
PLANNING CENTER**
FULLERTON COLLEGE
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M-TH 9:00am-5:00pm
careercenter.fullcoll.edu

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The Career Spotlight

Volume 7

2010-2011

Type and Majors Using Personality to Choose a Major

Choosing a major may be difficult for college students these days as we push through these turbulent economic times. Some students may make their decision based on the current job market which is not the best way to choose since we live in an ever changing world. However, other students may decide on a major, or even a career, simply because it feels most natural or comfortable to them. This particular way to choose holds much weight in the field of career development and psychological (personality) type with a myriad of research.

Personality type identifies your "preferences" on four scales. The first scale is where you focus your attention and energy. The second scale is how you acquire or gather information. The third scale is how you make decisions and arrive at conclusions. The fourth scale is how you relate to the outer world.

Your preferences can be either extraversion or introversion on the first scale, sensing or intuition on the second, thinking or feeling on the third, and judging or perceiving on the fourth. Just remember you may be very capable of operating with either opposites, but one probably comes more naturally or easily.

When you combine your four preferences the result is called a "type," for example, ESTJ. To help you identify your type, an assessment called the Myers-Briggs Type Indicator is administered (offered in the Career & Life Planning Center).

The first and last letters of your type can indicate your preferred style of exploring courses and majors while the second and third letters may be most related to what major or career you choose. For example, research shows typical fields of study/work with an ST preference include management or law enforcement; SF include teaching or health care; SN include human services, art, or music; NT include research or computer science.

Keep in mind that type does not pigeon-hole you into one specific area, any type can be successful in any major or career. Knowing your type can begin the process of major and career exploration.

For more information about type and choosing a major and careers, come to the Career & Life Planning Center.

What's New in the CLP Center?



Do you want to stay updated and informed? The Career & Life Planning Center (aka "FC Career Center")

is now on [Facebook](#) and [Twitter](#)! Get the latest career-related information, tips, updates, and news flashes. Some of the links include "Industries Where Jobs Are Growing Most," "Your Job Search: Your Questions Answered," "What Will be the Hot Jobs of 2018," "MBTI Personality Type Tips" and a host of other relevant information as you proceed in your educational and career pursuits. To access the sites, log on to <http://careercenter.fullcoll.edu>.



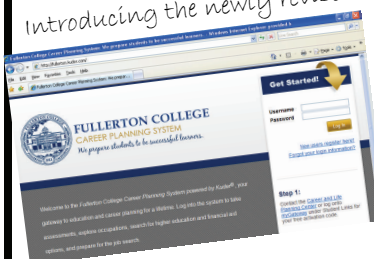
Occupational Outlook Handbook 2010-2011

is now in the Career & Life Planning Center's Career Library. It is a nationally recognized source of career information,

designed to provide valuable assistance to individuals making decisions about their future work lives. Revised every two years, the OOH describes what workers do on the job, working conditions, the training and education needed, earnings, and expected job prospects in a wide range of occupations.

The Career Spotlight is online:
careercenter.fullcoll.edu

Introducing the newly revised...



Fullerton College CAREER PLANNING SYSTEM

- Assess your interests, skills, and work values.
- Explore occupations that match your results.
- Keep track of your college and/or work-related accomplishments.
- Create resumes, practice interviewing skills, and research employers.
- Maintain an e-Portfolio that's all about you and what you can offer.

<http://fullerton.kuder.com>

Powered by Kuder, Inc.

Activities Calendar 2010-2011

Activity	Date/Time	Location
<p>The Changing Culture of the Workplace of America</p> <p>This workshop will help you gain information about the current economic climate in the changing labor market. It will make you aware of the 21st century skills necessary to be productive and effective. Become self-confident and prepared for your future job by meeting your educational career goals.</p>	<p><i>Tuesday Sept 14 12pm-2pm</i></p>	<p><i>College Center RM 224</i></p>
<p>Roadtrip Nation</p> <p>The Big Green RTN RV will be on campus. Don't miss out on the opportunity to learn what RTN has to offer. You too can hit the road and meet professionals to help you define your own road in life—it's an adventure!</p>	<p><i>Thursday Sept 30 9am-5pm</i></p>	<p><i>Parking Lot A, next to BLDG 1000</i></p>
<p>Resume Writing 101</p> <p>For students who want a well composed, winning resume. Learn how to format and write an effective resume with accomplishment statements that employers <i>want</i> to read!</p>	<p><i>Tues 10/12 and Tues 4/12 12pm-1pm</i></p>	<p><i>College Center RM 224</i></p>
<p>Choosing A Major...and a Satisfying Career</p> <p>Undecided about a major? Not sure what career to choose? Come and learn about the wealth of resources to help you in this decision-making process.</p>	<p><i>Wed 10/20 and Thurs 3/10 12pm-1pm</i></p>	<p><i>CLP Center BLDG 2000 Second Floor</i></p>
<p>Personality Type and Learning Strategies</p> <p>For students who want to know how their personality type relates to learning. Identify your learning preferences and hear suggestions for learning more effectively. (Note: You must know your personality type based from the MBTI prior to this session.)</p>	<p><i>Thursday Feb 24 12pm-1pm</i></p>	<p><i>CLP Center BLDG 2000 Second Floor</i></p>
<p>Job Fair - Sponsored by Workforce Center</p> <p>The FC Job Fair hosts many interested employers eager to hire FC Students. Go to http://workforce.fullcoll.edu to learn how to work a career fair and to see which employers will be attending.</p>	<p><i>Wed 10/20 and Wed 4/27 10am-2pm</i></p>	<p><i>On the Quad</i></p>
<p>Small Group Counseling (recurring monthly)</p> <p>A great opportunity for students to meet and share common career, academic and life concerns. Learn new skills under the guidance of a group leader.</p>	<p><i>Every 1st Tues 10am-12pm</i></p>	<p><i>CLP Center BLDG 2000 Second Floor</i></p>
<p>Career Wednesdays using FCCPS (recurring weekly)</p> <p>Using the <i>Fullerton College Career Planning System</i> (powered by Kuder, Inc.), join us in any one of these informative sessions to assist you with navigation of the system, developing an online career portfolio, career-related assessments, and identifying occupational and educational information.</p>	<p><i>Every Wed 10:30am-11:30am</i></p>	<p><i>CLP Center BLDG 2000 Second Floor</i></p>
<p>Career Assessment Group Interpretations (recurring monthly)</p> <p>Take any of our assessments (interests, skills, values, or personality). Then join us in a group interpretation session to learn what your results mean, identify possible career options, and connect with others in the career development process.</p>	<p><i>Every 3rd Thurs 9am-10:30am</i></p>	<p><i>CLP Center BLDG 2000 Second Floor</i></p>

Careers May Be Influenced By Your Birth Order

by Ines Beilke



No two people are created EQUAL and from the day you were born you began to be treated differently at home and then everywhere else. Everyone has a "birth order" and this is one of the most important things that makes you unique. Your birth sequence has allowed you to develop characteristics in your personality which affects your choices in your career and life. Research indicates that the number one factor influencing personality is birth order. Birth order is defined as your rank in your sibling hierarchy; first born, middle born, last born, only child, or twin.

Recently, I have been interviewing individuals regarding their family history---size, demographics (cultural/ socio-economic) and education in relationship to their Career Choices and Career Success. And what has become apparent is that individuals' birth order have made an impact in their special roles within the family which has influenced their career aspirations. Immediately, they relate to their ranking order of their family with a SMILE and agree that this does matter. They recognize that most of their personal qualities that developed their weaknesses and strengths have been attributed to their birth order experiences at

home. The family roles placed upon them have caused them to like or dislike where they are in their career and life. They are ready to rebel or lead, to be or let be and/or to sit or give about and please.

Individuals' family expectations of "thoughts, feelings, behaviors, duties, conduct and lots of dos and don'ts helped them develop skills, interests/desires, temperament styles, abilities and lots of "how-to's" that have contribute to force them to take for granted the unknown or known pathway of their life. The direction they take becomes the framework to the decisions which lead to their future career and life choices.

Many firstborns have stated that being assigned to watch over their siblings while at home helped them be more alert and responsible to initiate action and become ready to lead and achieve. The last born children are more likely to go against the norms of the family. Their ideas go beyond their family functions and expectations and their imagination is more fictional and scientifically inclined, in fact more creative than the first born siblings. Like it or not, we are not a figment of our imagination but a SKETCH of our past framed by our birth order which describes not only WHO we are but the story of WHY WE ARE WHAT WE ARE.

My observations indicate that there will be differences between the first born child and the second born child in the family and in most cases they're going to be opposite. And as we go down our own family TREE we see how each of us is unique in our own way.

Birth Order FAMILY TREE				
First born	Middle born	Last born	Only Child	Twins
Personal Characteristics				
Assertive Disciplined Ambitious	Easy-going Closer to friends Diplomatic	Creative Charming Entertaining	Achievement oriented Motivated	Different interests Peaceful
Career Choices				
Engineering Business Law	People-oriented Teachers Social Workers	Sales Journalism Actors	Intellectual Medicine Government	Own Individual Interests
Famous by Birth Order				
Winston Churchill Oprah Winfrey Albert Einstein	Richard Nixon Princess Diana Bob Hope	Ronald Reagan Cameron Diaz Ted Kennedy	Alan Greenspan Tiger Woods Frank Sinatra	Jenna and Barbara Bush
Transferable Skills/abilities				
Conducted Presided Directed	Advised Instructed Facilitated	Stimulated Performed Invented	Promoted Formulated Examined	Classified Built Researched

Studies have shown that birth order does indeed affect a child; however, it does not instantly shape personality. Personality is affected by many different factors, such as heredity, family size, age difference in between siblings, education, and cultural backgrounds. It is evident that these influences including birth order affect our career and life choices.

Birth order has a significant importance in the overall career choices and success of the individual in regards to learning, self-esteem / self-confidence, motivation, determination and decision making. I challenge you to become aware of the importance of your birth order and embrace the developed characteristics which can allow you to make the career choices that can influence your success in life. Your RANK in life MATTERS!

Attention Students: Get the Inside Scoop on Careers BEFORE you Decide!

Informational interviewing is getting the inside scoop that you can't find in books, online, or even from your parents! It is a vital step in career exploration and should not be overlooked. Many students wonder about their first job once they graduate or how they will break into the career of their dreams. Interestingly, not many students think to ask questions to working professionals who are successful in their careers.

In the career decision making process, the informational interviewing step comes after self-assessment, using career-related assessments, and just before performing job shadowing, internships, volunteering, or even securing a part-time/

full-time position in the field.

As described in the [Occupational Outlook Quarterly Summer 2010 issue](#), "an informational interview is a brief meeting between a person who wants to investigate a career and a person working in that career...usually lasting 20 to 30 minutes." The article describes the purpose of an informational interview is not to get a job; instead, it is to find out about jobs you might like. The benefits are ten-fold: "Learn more about the realities of working in a particular occupation, decide among different occupations, discover careers you never knew existed" and much more.



Top 25 Fastest Growing Occupations in California 2008-2018

For the full list of occupations, please go to <http://www.labormarketinfo.edd.ca.gov/?pageid=145>

Occupational Title	Annual Average Employment		Percent Change	2010-1st Quarter Wages		Education and Training Levels [3]
	2008	2018		Median Hourly [1]	Median Annual [1]	
Network Systems and Data Communications Analysts	35,000	52,600	50.3	\$38.94	\$80,995	5
Medical Scientists, Except Epidemiologists	26,200	38,500	46.9	\$38.90	\$80,928	2
Personal and Home Care Aides	346,500	504,700	45.7	\$10.41	\$21,651	11
Home Health Aides	54,300	78,000	43.6	\$10.25	\$21,317	11
Physician Assistants	8,100	11,500	42.0	\$43.60	\$90,679	5
Separating, Filtering, Clarifying, Precipitating, and Still Machine Setters, Operators, and Tenders	7,300	10,200	39.7	\$21.31	\$44,338	10
Physical Therapist Aides	5,900	8,100	37.3	\$12.63	\$26,254	11
Veterinary Technologists and Technicians	9,400	12,700	35.1	\$16.57	\$34,470	6
Veterinarians	5,600	7,500	33.9	\$44.43	\$92,424	1
Computer Software Engineers, Applications	80,900	106,100	31.1	\$48.75	\$101,414	5
Emergency Medical Technicians and Paramedics	14,300	18,700	30.8	\$15.06	\$31,329	7
Medical Assistants	76,100	99,400	30.6	\$14.41	\$29,962	10
Surgical Technologists	8,900	11,500	29.2	\$22.14	\$46,036	7
Physical Therapists	15,300	19,700	28.8	\$39.55	\$82,255	3
Pharmacy Technicians	27,800	35,700	28.4	\$17.62	\$36,632	10
Compliance Officers, Except Agriculture, Construction, Health and Safety, and Transportation	31,900	40,800	27.9	\$27.12	\$56,418	9
Fitness Trainers and Aerobics Instructors	31,700	40,400	27.4	\$18.83	\$39,166	7
Respiratory Therapists	12,400	15,700	26.6	\$31.32	\$65,135	6
Dental Hygienists	18,500	23,300	25.9	\$43.51	\$90,496	6
Occupational Therapists	8,100	10,200	25.9	\$40.49	\$84,214	3
Computer Software Engineers, Systems Software	73,300	92,200	25.8	\$51.95	\$108,067	5
Registered Nurses	236,400	297,200	25.7	\$40.22	\$83,653	6
Dental Assistants	46,300	58,200	25.7	\$16.25	\$33,808	10
Market research Analysts	36,900	46,200	25.2	\$32.90	\$68,446	3
Medical Secretaries	88,000	109,100	24.0	\$15.19	\$31,594	7

March 2009 Benchmark

[1] Median Hourly and Annual Wages are the estimated 50th percentile of the distribution of wages; 50 percent of workers in an occupation earn wages below, and 50 percent earn wages above the median wage. The wages are from the 2010-1st quarter and do not include self-employed or unpaid family workers. [2] In occupations where workers do not work full-time all year-round, it is not possible to calculate an hourly wage. [3] Occupational training and education classifications were developed by the Bureau of Labor Statistics (BLS):

■ Shaded occupations indicate Education & Training Level with at least Post-Secondary Vocational Education.

Education & Training Levels: 1 - First Professional Degree; 2 - Doctoral Degree; 3 - Master's Degree; 4 - Bachelor's Degree or Higher and Some Work Experience; 5 - Bachelor's Degree; 6 - Associate Degree; 7 - Post-Secondary Vocational Education; 8 - Work Experience in a Related Occupation; 9 - Long-Term On-the-Job Training; 10 - Moderate-Term On-the-Job Training; 11 - Short-Term On-the-Job Training

Source: State of California, Employment Development Department, Labor Market Information Division, (916) 262-2162, <http://www.labormarketinfo.edd.ca.gov/?pageid=145>.