

## Get Started: Career Exploration

It's possible to quickly choose a career. But to find a career that's right for you, it's helpful to slow down, give it some thought, and take the time to get it right. This is useful whether you are choosing a career for the first time or changing careers for the fifteenth time.

Career exploration is not the same as job searching. Job searching is a short-term pursuit of a position that matches your financial and career goals. Career exploration is a long, progressive process of choosing education, training, and jobs that fit your interests and skills.

## Explore Career Options

Once you have assessed yourself through [Discover](#) or [OKCIS](#) by calling 580.559.5890 or dropping by the ECU Career Development Center in 108 McBride it's time to explore career options connected to those test results. A wide variety of information about industries and occupations is available.

Exploring several industries and occupations will help you to discover the options that most interest you. First, it's important to think about the difference between occupations, industries, and work options. An occupation is a specific type of position within an industry (like nursing or police officer). Industry refers to the field type of business of a company or employer-such as health care, manufacturing, or real estate. Some occupations (like administrative assistant or sales representative) are available within several industries. Many work options-such as self-employment, full or part-time employment, or temporary employment-exist across industries and occupations.

To keep from getting overwhelmed, use a notebook or portfolio to organize your research.

## Career Mapping

Another great nine step approach is [Career Mapping](#) to give you a better chance at reaching your destination quicker.

## Vault Online Career Library

The [Vault Online Career Library](#) is the foremost source of research on employers, industries, and much more. Use this resource to

- Prepare for career fairs and interviews
- Demonstrate employer knowledge in cover letters
- Explore career fields you might be considering

- Strengthen your job search skills
- Over 100 industry and career guides
- Industry research
- Career advice
- Message boards
- Company information
- Internship contacts