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EXPLORATION

All programs and services at the CPD are designed to help prepare you – our students for your own new ERA of professional success. We believe the key steps of professional development are to:

- **Explore** opportunities
- **Reflect** on your experience both inside and outside of the classroom
- **Articulate** your skills and unique value proposition

This guide highlights CPD services, tools and resources you can use to **explore** opportunities, **reflect** on your interests and pursue what matters to you. From self-assessment to seeing paths others with shared professional interests have pursued, the process of career exploration is an essential step in finding meaningful and fulfilling work.

SIGNATURE CPD EXPLORATION PROGRAMS:

1. **Off the Green Career Immersion Programs** – participate in a daylong career immersion program in a major metropolitan area focused on a particular career field. Off the Green is always held during a break.
2. Participate in a job shadowing experience to learn about the day in the life of a particular job. Each December, the **Dartmouth Externship Program** offers students the opportunity to explore a particular career field through a job shadowing experience or short-term project. You can connect with alumni, parents, family and friends to request a job shadow throughout the year.*
SELF-ASSESSMENT: KNOW YOURSELF

Find out more about your self – and potential areas to explore – take advantage of CPD self-assessment services and resources. You don't need to have a specific work target in mind to engage with the CPD. In fact, part of the fun is in discovering new options and work you may enjoy.

Self-assessments can help explore how your values, interests, personality and skills relate to career options. CPD advisors are also available to help you clarify your goals and coach you on how to take steps to start achieving them.

ASSESSMENTS

The CPD offers two online assessments, the Myers Briggs Type Indicator® (MBTI) and Strong Interest Inventory® (Strong).

The Strong measures career and leisure interests and can help you identify work that you may enjoy.

The MBTI examines personality traits. Get a new perspective on what energizes you, how you process information, make decisions and get things done. Learning about your style – and that of others can help you better understand yourself, others, and ideal work environments.

Both the Strong and the MBTI require an advance meeting with an advisor and an in-person follow-up (including a group session for the MBTI). Neither assessment has right or wrong answers; select the options that fit you best, review your results with an advisor and judge of the accuracy of the results.

RESOURCES FOR SELF DISCOVERY

Dartmouth Career Network (DCN): Conversations with others “who’ve been there” can help you identify interests – and steps to get started in a field. Over 15,000 alumni are available for informational interviews through the Dartmouth Career Network. Search for potential contacts in the DCN and check out sample messages in the Networking Guide for strategies to reach out and connect.

MyNextMove.org: Search careers by job title and industry, browse green careers and jobs with a "Bright Outlook" and share interests for suggestions on additional options.

pymetrics: Ever wonder what career would be best suited for your abilities? Check out pymetrics and play a set of games to discover ideal careers that fit your cognitive traits. Companies from a variety of different industries then recruit candidates based on trait profiles. Sign up at pymetrics to get started!
CAREER & MAJOR EXPLORATION RESOURCES
Resources to help you bridge the link between your major and career options.

1. MAJORS TO CAREERS GUIDE
The Majors to Careers Guide highlights roles Dartmouth alumni have pursued by major.

2. ON-CAMPUS RESOURCES FOR MAJOR PLANNING
Registrar’s Office
- Degree Finder | Majors & Minors
- Departments & Programs – Arts and Sciences
- Organizations, Regulations & Courses

Undergraduate Dean’s Office
- Academic and Major Planning
- See Resources by Class

3. DARTMOUTH CAREER NETWORK
   http://alumni.dartmouth.edu/von/alumnicareers
Thousands of Dartmouth alumni participate in the Dartmouth Career Network (DCN) and are on standby to share information with students and fellow alumni regarding their job, career path and graduate school exploration. You can search for them by major. Our Networking Guide, accessible through the Resource Library, includes sample questions and email templates for outreach.

4. LINKEDIN
   https://www.linkedin.com/
Use the "Find Alumni" feature under the "My Network" to filter student and alumni profile data by major. You can use this feature to discover the range of opportunities available to you.

Note: This option is only available if you select “Search,” then “Schools” and enter “Dartmouth College” in the Search Box
<table>
<thead>
<tr>
<th>Where they live</th>
<th>Where they work</th>
<th>What they do</th>
</tr>
</thead>
<tbody>
<tr>
<td>United States</td>
<td>Dartmouth College</td>
<td>Business Development</td>
</tr>
<tr>
<td>Greater Boston Area</td>
<td>Google</td>
<td>Education</td>
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<td>Greater New York City Area</td>
<td>Goldman Sachs</td>
<td>Entrepreneurship</td>
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<tr>
<td>San Francisco Bay Area</td>
<td>Dartmouth-Hitchcock</td>
<td>Research</td>
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<td>Greater Los Angeles Area</td>
<td>Los Angeles Times</td>
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<td>University of Southern California</td>
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Use the arrows to move between screens and select a major.
NON-DARTMOUTH RESOURCES

1. SPOTLIGHT ON CAREERS
   http://spotlightoncareers.org/
   Written and maintained by career development professionals at selective liberal arts colleges around the country. To access Spotlight: username =spotlightpass password=liberalarts2017

2. WHAT CAN I DO WITH THIS MAJOR?
   http://whatcanidowiththismajor.com/major/majors/
   Get information on common career choices by major, typical employers that hire students by field and suggested professional development strategy. Information provided for each major includes breakout information for occupations commonly associated with the discipline – including career sites.

3. BUZZFILE
   http://www.buzzfile.com/Major/Employers-by-Major
   See organizations that have hired people by major.

4. MY NEXT MOVE
   https://www.mynextmove.org/
   Search careers by keywords and see information on recommended Education and Training for over 900 different careers, including relevant professional associations and anticipated demand for occupations by state.

Once you have narrowed down your interests, we recommend our:

- Employer Research page to learn more about organizations and industries, as well as our
- Jobs & Internships Guide to identify specific opportunities – and explore sites by Career Field and area of interest

As always, CPD advisors are available for individual meetings. Call 603-646-2215 to set up an appointment – or sign up online via DartBoard.
WORKING ABROAD

Interested in securing a job or internship abroad? Unless you have pre-existing work authorization for the country in which you wish to work, you will need to find not only a position – but also secure a temporary work permit.

DARTMOUTH RESOURCES AND PROGRAMS

Global Dartmouth, a division of Dartmouth’s Office of the Provost, supports and facilitates international research collaboration and provides travel-related resources to students, faculty and staff. In addition to study abroad information, the program site provides an undergraduate directory of international Internships and Fellowships affiliated with Dartmouth.

Recommended Resources for Seeking International Opportunities
(On Campus Access Only)

CPD Guides

- **Jobs & Internship Guide**: See the Career Fields section for a listing of recommended international sites, including internationally-focused occupations such as Diplomacy, Development/Microfinance, Foreign Policy and Global Health.
- **Fellowships Guide**: Directory of International Fellowship programs.
- **International Student Guide**: Includes overview of how to use Dartmouth Library Guides to perform research on industries, organizations and country-specific information.

Dartmouth Library Research Guides

Use to access industry reports, research organizations by country and perform advanced searches on areas of interest. Feldberg Library staff are also available to help you with your research

- **Employer Research Resources for Undergraduates**
  See Goin’ Global for country-specific career and employment information, including work permits, Resume/CV guidelines and local sites for employment listings.
- **Countries**
  Includes Global Road Warrior, a site with overviews of 175+ nations and territories. Information provides an in-depth information on understanding culture specific business and etiquette practices.
ADDITIONAL RESOURCES

**International Center, University of Michigan**: Work abroad websites and region-specific sites.

**United States Institute of Peace**: Research Centers in International Relations.

**Transitions Abroad**: A comprehensive guide to working, studying, living and traveling abroad.

**U.S. Department of State Travel Tips for Students**: Information on visas for travel, study, or work abroad; how to obtain medical insurance; and how a U.S. Consulate can and cannot help in an emergency.

**The globalEDGE International Internship Directory**: International internship opportunities offered by two- and four-year colleges and universities, governmental agencies, non-profit groups, private organizations, and corporations.

**Fellowships in Public Service**: Lists post-grad International Fellowships.

**JobsAbroad.com**: A ‘composite’ site of organizations that offer placements abroad including teaching, au pairs, and hospitality, typically for a fee.

**InternAbroad.com**: A ‘composite’ site of organizations that offer internship placements abroad, typically for a fee.

[How to Avoid Overseas Job Scams](#)