



CAREER SERVICES

Illinois State University

IDS 106: Career Choice

The IDS 106 Career Choice course helps student to explore and discover their interests, skills, and values while learning about valuable tools and resources for selecting an academic program and/or career path that fits their individual needs. IDS 106 focuses on engaging students in the career development process by helping them explore, analyze, and prepare for academic and career choices. Courses are reserved for sophomores and juniors, and held twice a week for eight weeks and last 50 minutes. Students earn 1 credit hour for completing the course.

IS IDS 106 FOR ME?

If more than one of these statements describe you, IDS 106 is for you:

- I feel competent with my academic skills, but I find it difficult to choose a major/career path.
- I want to explore my personal interests, skills, and values more in-depth.
- I have anxiety about choosing a major or career path, or I feel pressured to do so.
- I want to focus on strategies and resources that will help me explore and analyze major and career choices.
- I would describe myself as indecisive.

IDS 106 LEARNING OUTCOMES

Upon the successful completion of this course, you can expect to:

- Recognize and compare personal characteristics, such as interests, skills, and values, that influence career choices and determine areas for growth.
- Gain familiarity with and use a variety of resources to explore, research and evaluate major and career options.
- Identify appropriate academic areas of interest and correlating careers that relate to personal characteristics, and understand how to apply for a major.
- Determine areas to develop and ways to gain experience to prepare for their career.
- Conduct and present on an informational interview with a working professional and hear from employers on career paths.
- Create a career plan that identifies strategies to move toward implementing life and career goals.
- Demonstrate an understanding that career development is not just about work but a life-long process of re-evaluation, prioritization, and integration of work, family, relationship, and leisure roles.