

MAJOR & CAREER EXPLORATION



An important pathway to meaningful work is self-discovery, which includes learning about your Values, Interests, Personality, and Skills (VIPS). Bellarmine students, faculty, staff and alumni have free lifetime access to MyPlan, a system that allows users to take four self-assessments and to explore careers that may be a good match.

To use MyPlan .com

1. Go to bellarmine.myplan.com
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2. Create a free account and complete all information.
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3. On the second page, specify your current level of education and the highest level you plan to complete. Enter Bellarmine's exclusive license code "SJ34M47C".
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4. Click the "Submit Registration" button to get to the "Welcome" screen, then click on "Community Profile" to edit your public profile, community preferences and personal image.
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5. You now have full access to all of the resources within MyPlan.
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6. Click on the "Assessments" tab at the top of the page to take any of the four assessments and to view your Career Match results.
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7. Make an appointment at bellarmine.joinhandshake.com to discuss your results with a career advisor.

“There is no greater journey than the one that you must take to discover all of the mysteries that lie within you.”

- MICHELLE SANDLIN

QUESTIONS TO CONSIDER WHEN LOOKING AT YOUR MYPLAN RESULTS:

Personality

- What is your four-letter personality type? Do you believe this is an accurate assessment? Why or why not?
- What are the strengths of your four personality dimensions (E/I; N/S; F/T; P/J)? Which careers require those strengths?

Interest

- What are your top two areas of interest? Do you believe these are accurate? Why or why not?
- Which careers align with your top two areas of interests?

Values

- What are your top five work values clusters?
- Which personal work needs correspond to each cluster?
- What types of jobs align well with your work values?

Skills

- What are your top three skills in each category (Basic, Social, Problem Solving, Technical, Resource Management)?
- According to the Career Comparison, how do your skills measure up against those of people in your top five Career Categories?

Additional Reflection

- What patterns do you notice among your Career Matches? Do they involve working with others or working alone? Do they include working in an office or in a different environment?
- Which three careers from your results are you most interested in learning more about? Why do they appeal to you?
- What majors/level of education do you need to pursue for the top three careers you are interested in?
- Are there any careers missing from your matches that you think should be there? Why do you think you are a good fit for them?

