Welcome to the monthly issue of “Career Monthly,” brought to you by Kent State Trumbull’s Office of Career Services. The newsletter will keep you up-to-date with office happenings as well as provide resources and tools to help guide you through your career development journey! Do not hesitate to reach out to the Coordinator of Career Planning for any career related assistance or stop by her office, located in the Student Services Building, Room 143. Tune back in every first week of the month for a new issue of “Career Monthly.”

OPENING TIPS TO PICKING A MAJOR

Selecting a major can be easy for some but challenging for others. Whether you are starting from scratch or wanting to make sure the major you selected is “the one,” here are some tips to help assist you.

- **Think about what you like to do.**
  - List of things you love
  - List your strengths and weaknesses
  - Defining experiences and how they made you feel

- **Write out your career goals.**
  Do those goals require an education or specific degree?

- **Consider taking career assessments.** More information on the next page!

- **Explore careers.** Try internships, volunteering, job shadowing or part-time jobs.

- **Talk to Coordinator of Career Planning.**

- **Speak to someone in a field of interest.** Find out what a career is really like and the steps taken to get there.

Did You Know?
During your lifetime, you will produce enough saliva to fill two swimming pools.

"Your time is limited, so don’t waste it living someone else’s life."
- Steve Jobs
MAJOR TO CAREER TOOLS

- **Focus 2**
  - Self-assess career qualities and uncover possible career aspirations!
  - For more information on how to register for free access, go to https://www.kent.edu/career/explore-careers-majors-focus-2

- **What Can I do with this Major?**
  - Website: https://whatcanidowiththismajor.com/major/
  - See typical career areas and types of employers that hire people with each major.

- **Occupational Outlook Handbook & Career One Stop**
  - Website: https://www.bls.gov/ooh/; https://www.careeronestop.org/
  - Learn about the ins and outs of various occupations (ie. salaries, education requirements, etc.)

- **In-Demand Careers**– Careers in Ohio’s economy.
  - Website: https://jobseeker.ohiomeansjobs.monster.com/ExploreIt/In-DemandCareers.aspx

*All information can be found on KSU Trumbull Career Services webpage under “career exploration”.

MAJOR + CAREER CONNECTION

This month’s major: **Criminology and Justice Studies**

Possible areas to go into:
- Social Services- corrections, probation, counseling, advocacy, administration, outreach, program development, etc.
- Judiciary and Law– court reporting, security, legal assistance, etc.
- Law Enforcement– investigating, forensics, parole, surveillance, loss prevention, etc.
- Business– staffing and training, private security, consulting, systems integration, global intelligence, etc.
- Education– teaching, research, supervision and consultation, etc.