

Career Development: Finding Your Dream Job

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Introduction: “There is, perhaps, no college decision that is more thought-provoking, gut wrenching and rest-of-your-life oriented—or disoriented—than the choice of a major.” Choosing a college major is a choice that should be intentional and based on knowledge of one’s self, future career interest, abilities, and the area of study. Ideally, a chosen major will leave a student academically successful, as well as fulfill academic, personal, and vocational goals. College and university administrators have begun implementing various types of institutional resources to assist undecided students when choosing a major, but all students are likely underprepared when choosing a major. Therefore, due to the potential positive or negative impact the choice of major can have on the student experience, it is imperative that students be educationally prepared to make an effective choice.

Background: The choice of major can have a significant positive or negative effect on the student experience, affecting retention, engagement, student learning, academic standing, and career goals. For example, in a 2006, researchers followed 80,574 students in eighty-seven colleges during a five-year period and showed that good grades are related to having a major close to one’s personality. Researchers found that congruence, rather than ACT scores, better predicted overall grade-point average after five years.

Methods: The purpose of this proposal is to begin the design of a Career Development textbook to help Kinesiology students better understand their Option and career choices. As research indicates, students who are sure in the choice of career have better retention and progress toward their degree than those who choose a major without proper consideration or guidance.

Results: Both students and the department benefit by this proposal via increased student retention, engagement, and progress toward graduation. The goal of the book is to provide a framework whereby students will explore their own skills, talents, and interests and match them to an appropriate career and Kinesiology Option (if applicable). To make these connections, emphasis will be on critical inquiry, collaborative learning, professional networking and mentoring to develop students’ career intellectual and practical competencies.