

# MyACT Career Exploration Activity

## Step #1: Create an Account on MyACT

1. Go to [my.act.org](http://my.act.org)
2. Click "Sign In or Create an Account".
3. Click "Create Account" link. When prompted, be sure to create a **MyACT** account, specifically.
4. (Optional) Write your login information below so you can return to your account later:

Email: \_\_\_\_\_

Password: \_\_\_\_\_

## Step #2: Complete Your Career Inventories

1. Click "Plans" in the menu bar.
2. Click "Take Your Inventories".
3. Click "Get Started" and **complete all three inventories** (Interests, Abilities, and Values).

### Tips for Completing Your Career Inventories:

- ✓ Take the inventories when you won't be distracted and are in a positive/neutral mood.
- ✓ There are no right or wrong answers.
- ✓ Be thoughtful, but don't overthink your answers. When in doubt, go with your gut reaction.

## Step #3: Explore Your Career Map

1. After you have completed all three inventories, click "Explore Careers" to reveal the combined results of your inventories.
2. Take a moment to learn about the Career Map by clicking "Take a Tour of Career Map".
3. Before exploring your results on the Career Map, read the paragraphs below the map to better understand what your responses suggest about you. Does this sound like you? If so, continue with the steps below. If not, consider re-taking one or all of the inventories.
4. What Career Areas are **red** (if any) on your Career Map? **Record them below:**

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5. What Career Areas are **blue** (if any) on your Career Map? **Record them below:**

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6. Looking at your Career Map, what are your initial impressions of the results? Are they surprising? Not surprising? What trends/patterns (if any) do you notice when looking at where any **red** and/or **blue** Career Areas are located? For example, are your strongest matches clustering in a particular part of the map, or are they spread out across the map? **Reflect below:**

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## Step #4: Explore Your Career Map (Continued)

Let's dig deeper! Begin by exploring any **red** Career Areas (if none, explore your **blue** Career Areas or consider re-taking your inventories to get clearer results).

Click on one of your **red** Career Areas. A window will appear, displaying Inventory Matches and Featured Occupations. At the very bottom of the Featured Occupations list, click the "More Occupations" link to view a full list of your matches in this Career Area.

Click on an occupation that you'd like to learn more about; this will open a detailed profile about that particular profession. As you review profiles, note that you can click the star icon next to the occupation's name/title to add it to your Favorites if it's something you'd like to explore further.

When researching occupations of interest, consider the following questions:

- ✓ **What kind of tasks do these professionals do on a daily basis?**
- ✓ **What kind of education/training would I need to pursue this profession?**
- ✓ **What kind of work environment do these professionals typically work in?**
- ✓ **What kind of qualities are typical of people in this profession (likes, dislikes, interests, abilities)?**
- ✓ **What is the average salary for these professionals? What is the projected outlook for job growth in this field?**
- ✓ **What are some related careers I might also like to explore?**

**Occupation #1:** \_\_\_\_\_

Things I liked or found interesting about this occupation:

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Things I didn't like about this occupation:

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Questions I have about this occupation:

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**Occupation #2:** \_\_\_\_\_

Things I liked or found interesting about this occupation:

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Things I didn't like about this occupation:

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Questions I have about this occupation:

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**Occupation #3:** \_\_\_\_\_

Things I liked or found interesting about this occupation:

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Things I didn't like about this occupation:

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Questions I have about this occupation:

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**Occupation #4:** \_\_\_\_\_

Things I liked or found interesting about this occupation:

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Things I didn't like about this occupation:

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Questions I have about this occupation:

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**Occupation #5:** \_\_\_\_\_

Things I liked or found interesting about this occupation:

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Things I didn't like about this occupation:

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Questions I have about this occupation:

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## Next Steps at DMACC

After you've had a chance to review your results and have identified some career pathways you're interested in, consider taking any (or all!) of the steps below to continue your exploration process...

1. **Schedule an appointment with a Career Center staff member.** We can help you further review your results and also help you explore your interest areas further.

Call (515) 964-6200 and dial 0 to reach an operator to schedule an appointment. Operators are available to assist you at that line Monday-Friday from 7:30 a.m. to 4:30 p.m.

You can also make an appointment with one of us online:

Sara's Calendar: <https://calendly.com/snclayton>

Kara's Calendar: <https://calendly.com/kdonovan2>

If one of us doesn't have the date/time you'd like available, check the other person's calendar to see if she's available to meet with you instead.

2. **Review DMACC's programs at [www.dmacc.edu/programs](http://www.dmacc.edu/programs).**

*Tip: Click on the "Areas of Interest" link to see program listings by career interest areas.*

3. **Make an Academic Advising appointment to learn more about the DMACC program(s) you're interested in possibly pursuing.** Advisors can answer general questions about academic programs, review program requirements with you, help you change your program (if necessary), assist you with course planning and registration, and help you develop a graduation plan. Academic Advisors and their contact information are listed by campus and program here: <https://www.dmacc.edu/advising/Pages/findadvisor.aspx>.

4. **Consider registering for SDV 130-Career Exploration.** This 1-credit elective course provides guided career exploration activities and assignments to help you along your career decision making journey at DMACC. Be sure to talk with your Academic Advisor before registering if you have questions about how taking SDV 130 will fit into your current graduation plan.

