

Career Development Process (CDP)

The career development process is a series of 4 cyclical steps over a person's lifetime where careers are explored and goals refined. Individuals will progress through the process in unique ways and with different timeframes. An ideal career exploration and job search process will include all 4 steps.

1

Know Yourself: Self Assessment

What's important to you? (values)
What do you like? (interests)
How do you see the world? (personality)
What are you good at? (skills)

2

Research Careers

Websites/eBooks
Informational Interviewing
Job Shadowing
Professional Associations
Career Events

3

Try Out the Career

Internships
Job Shadowing
Volunteering
Part-Time Jobs
Clubs/Activities
Service-Learning Classes
Building a Network
Career Events

4

Job Search

Finding Opportunities
Career Fairs & Events
Resume/Cover Letter
Interviewing
Applying to Graduate School
Building a Network
Job Offer Negotiation

KEEP IN MIND

It's common for people to cycle through steps 1-3 several times before moving on to step 4 (the job search). As your goals and interests change, begin the process again.