

TAKE 5

DEVELOP SKILLS FOR POSITIVE LIVING

October, 2022

A VIRTUAL HELPING TOOL
FROM ARCC COUNSELING

MONTHLY NEWSLETTER

TOPIC: CAREER EXPLORATION

CAREER EXPLORATION

The process of career development can be exciting and intimidating. Like many worthwhile endeavors, the key is to take it one step at a time. Check out the tools and resources highlighted in this newsletter to learn more!



THE CHANGING WORLD OF WORK

The world of work changes everyday, but the pandemic accelerated these trends in areas like remote work, e-commerce, gig work, and career identity. Here are two videos that look at the long-term influence of the COVID-19 pandemic on the already rapidly changing world of work.

- PBS Documentary: [Future of Work](#)
- McKinsey Global Institute report and video on the [Future of work after COVID-19](#)

**FUTURE
OF WORK**

McKinsey
& Company

FACTS OR INFO

- 80% OF COLLEGE STUDENTS CHANGE THEIR MAJOR**
- ALMOST 2/3 OF STUDENTS FEEL OVERWHELMED CHOOSING A MAJOR**
- COUNSELING SERVICES OFFERS FREE CAREER ASSESSMENTS**

MINNESOTA CAREER INFORMATION SYSTEM

Minnesota Career Information System (MCIS) is a website that allows you to take free assessments, explore occupations, create a career plan and find college programs all for FREE for ARCC Students.

Username: anoka-ramsey Password: arcc

Click [HERE](#) to check it out!



 **ANOKA-RAMSEY**
COMMUNITY COLLEGE



THE CAREER EXPLORATION PROCESS

There are four steps in the career exploration process that Counselors at ARCC walk you through. Check out the video on the Counseling Services Website for more information!

- **Self-Assessment:** Identifying your interests, skills, personality, values and future lifestyle using career assessments.
- **Career Exploration:** Explore and research careers through online research, job shadowing or informational interviewing.
- **Career Matches to Consider:** Discover which careers match with what you know about yourself and your ideal educational level.
- **Develop a Career Plan:** Create short and long term goals to achieve your career. Decide on schools and identify supports and barriers.



EVENT

Take 5 for Career Exploration

Choosing a career can be tough. Join us to help make your career path a clearer vision.

When: Tuesday October 25, 2022 11 am- 12 pm

Where: Zoom. Click [HERE](#) to Register

In the article [Why Every Leader Needs to Worry About Toxic Culture](#), the authors suggest leaders be mindful of 5 pervasive attributes that contribute to a toxic work culture. Belongingness, Restoration, Inclusion, Diversity, Growth, Equity, and Sustainability (BRIDGES) as a framework for culture renovation and a set of values are one of the ways you can not only evaluate potential job prospects, but also assess the healthiness of where you work or are considering. Look for and ask about how people feel about their employer and coworkers. Every organization has its rough moments and tough times, but if you're in an environment that is healthy and not toxic, they're manageable. You, too, play an important role in co-creating a BRIDGES culture. What will you do? What have you done? How have you encountered Belongingness?

You can
share some
stories [HERE](#)



Brandyn Woodard, ARCC Vice President of Equity and Inclusion



ARCC Counseling
Services:

For appointments
click [HERE](#) or call
763-433-1100

For non-emergency
questions email:

Counseling@anokaramsey.edu

TAKE 5

RESOURCE CORNER

- **WHAT CAN I DO WITH A MAJOR IN?:** INFORMATION SHEETS ON MAJORS
- **O*NET:** A COMPREHENSIVE CAREER ESPLORATION WEBSITE WITH DETAILED DESCRIPTIONS OF OCCUPATIONS.
- **CAREERWISE EDUCATION:** EXPLORE CAREERS, TAKE FREE ASSESSMENTS AND FIND COLLEGE PROGRAMS
- **OCCUPATIONAL OUTLOOK HANDBOOK:** US DEPT. OF LABOR OOH CAN HELP YOU FIND CAREER INFORMATION ON HUNDREDS OF OCCUPATIONS.
- **CAREER ONESTOP:** EXPLORE CAREERS, TAKE FREE ASSESSMENTS, FIND TRAINING, AND UTILIZE JOB SEARCH TOOLS

ARCC JOB READINESS SERVICES OFFERS A VARIETY OF RESOURCES FOR STUDENTS AND ALUMNI WHO ARE SEARCHING FOR EMPLOYMENT.

CLICK [HERE](#) FOR MORE INFORMATION

Mental Health Crisis Resources:

- **Crisis Text Line:** Text MN to 741741 for 24-hour crisis support.
- **988 Suicide and Crisis lifeline:** Text, chat or call 988 for help with emotional or substance use concerns.