

CAREER MYTHS

A career path most of the time is non-linear, full of twist and turns that can lead to lots of opportunities. It is important to know about what biases and beliefs you have that hold you back from considering rewarding options. Below list some of the most common myths about choosing a career

“There is one perfect job for me”

Lots of careers have the potential to meet the personal criteria for what a person is looking for in their career. Most students find that once they clearly defined what they are looking for in a career, they will find that there are a number of paths. As you explore each option further, you can compare what they offer in terms of advantages and disadvantages.

“My major is going to lead to my career”

Experience and skills, whether it be from part-time jobs, internships or projects you’ve done in school, can help employers determine if you are suitable for a position. Unless you are planning to enter an area that requires specific technical skills, such as engineering or nursing, your major will not prevent you from entering into a career. One major can lead to many different careers, and one career can be reached through many different majors.

“I will have only one career in a lifetime”

Career planning is an ongoing process and you will most likely re-address you career plans several times in your life. Today, it is common to see a person to have 5-7 different careers by the time they retire. Although it is impossible to know if you are 100% making the “right” choice, your goal could be to make the “next best choice” at a given moment, and re-evaluate once you enter into that career.

“Choosing a career is simple”

It usually takes more than one career counselling session to determine what a person will do with their life beyond their education. Choosing a career that is a good fit will take time, which usually involves reflecting about your values, interests, skills and personality. Once you understand yourself, it can still take time to research what exist and what aligns with your personal criteria.

“If I wait long enough, luck will eventually bring me to the right career”

Making a plan allows a person to fully investigate different careers to determine what the “best fit” is. It is unlikely that without some research, a person will “bump into” the career the perfectly matches their criteria list. It is true that some things are out of your control, but you can take an active role in determining your fate.

“Most people have a solid understanding of careers and the world-of-work and if I don’t then I am the only one who is confused”

Most often, people’s understanding of a career is incomplete and are based on stereotypes and what the media portrays. Make sure you fully explore your expectations of the career you are interested in and research to get an accurate picture.

“Career assessments will tell me exactly what career is right for me”

Assessments can provide one piece of information that can help you with the career planning process. It is also inaccurate to say that a test can tell you what to do with your life or serve up the "perfect" career match. Use assessments with caution, and critically examine test results with a career counselor in terms of your own experience and knowledge. You know yourself the best.

“If someone close to you is happy in their career, I will be too”

The interests, values, personality and skills of someone close to you may not be identical to yours. It may be beneficial to look at how that person as a role model to you and what aspects you identify with. This may give clues to what is important to you and what aspects you would need in your work environment to be happy.

community.lhup.edu/careerservices/files/10CareerMyths.pdf