

# “Helping” Careers

## The Career Center Can Help!

To set up an appointment to discuss your career path,  
either stop by The Career Center 209 Bayley Hall  
or call 973-761-9355



THE CAREER CENTER  
*Student Services*

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SETON HALL UNIVERSITY

*Motivation:  
“I really want to help people”*

There are so many ways to “help people”. The big questions to think about and research are...

Who do I want to help? Are there specific age groups that you would like to work with? Or, is there a specific “cause” that is close to your heart that you would like to be involved in?

How do I want to help others? Do you want to work individually with clients? Would you rather work more globally with an organization?

Why do I want to help others? What are my passions and goals?

Where do I want to help others? What types of work settings seem appealing to you? Why are those work settings interesting?



# Questions to Ask Yourself

- What is one great thing I want to contribute to the world? **Why?**
- What is my definition of “success”?  
**Why?**
- If income did not matter, what career would I love to do? **Why?**

# Questions to Ask Yourself

- What am I most afraid of? **Why?**
- What activities cause me to lose track of time when I am doing them?
- What magazine cover would I like to be on?  
**Why?**
- At age 10 or 11 (4<sup>th</sup>/5<sup>th</sup> grade), how did I spend my time? What were my “pretend games”?

# How do I identify possible careers?

**Identify your GIFTS:** A talent you are born with,  
Something that is easy for you

**Identify your SKILLS:** Tasks that you learn to do  
well and become advanced at doing

**Identify your INTERESTS:** Activities that compel  
you, give you energy rather than “drain” you,  
provide enjoyment

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# What will motivate me to get up for work every day?

**Job Functions:** Tasks I would love to perform throughout or most of my work day

(Ex: teaching, editing, counseling, budgeting, managing, writing, presenting)

**Work Environment:** Setting where I would work

(Ex: healthcare setting, company, school, work from home, travel)

**Focus of “Helping Others”:** Expressing my passion in what ways, why, and how? (see next slide)

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# How do I identify my interests and possible majors?

Myplan.com is a free web-based career planning resource that offers career guidance for:

- Identifying your interests, strengths, personality, and values
- Comparing and matching your profile to different careers
- Exploring career options and majors
- Detailed information about jobs and industries
- Top careers in different fields
- Extensive video library
- Popular careers by major

***Instructions for MyPlan are located in PirateNet under the Career Center tab. Scroll to the bottom of the page under Exploring Majors and Careers***



# MyPlan Career Assessments

MyPlan offers career assessments that match your interests, skills and abilities to careers and majors. It also provides detailed information about each career and a section on “What to Do with a Major in...”.

The screenshot shows the MyPlan.com website interface. At the top, there is a navigation bar with four tabs: "Careers", "Assessment", "Colleges", and "Majors". Below the navigation bar, there are three main content columns, each with a red star icon next to its title:

- Careers**: Career Database, Video Library, Salary Calculator, Top Ten Lists, Career Community, Industry Database, Online Resources.
- Assessment**: Personality Test, Interest Inventory, Skills Profiler, Values Assessment, CareerMatch™.
- Majors**: Majors Database, What Can I Do with a Major In...?, Top Ten Lists, Majors Community, Online Resources.

At the bottom of the page, there is a banner that says "Hire Pirates!" with a small icon of a pirate's head.

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# Did you know...

.....*There is more than one path to obtaining a career in the helping professions*

.....*Every career field has so many non-clinical career opportunities*

# Healthcare Professions Career Tree

Medical Assistant

Insurance Processing

Nurse

Physical Therapist

Medical Equipment

Hospital Administrator

Medical Social Worker

Non-Profit Organization

EMT

Occupational Therapist

Dentist

Dietitian

Athletic Trainer

Community Service Director

Surgical Assistant

Paramedic

Pharmaceutical Representative

Human Resources

Medical Illustrator

Fitness Instructor

Lab Coordinator

College or K-12 Educator

Physician Assistant

Public Health Policy Advisor

Veterinarian

Health Program Educator

Medical Billing

# Helping Professions Career Tree



# Choosing a major that relates to the “Helping Professions”

Common undergraduate majors for students interested in helping others are:

- Psychology
- Sociology
- Social Work
- Criminal Justice
- **Social and Behavioral Sciences**

# What is SOBS?

- Unlike other academic majors that require extensive coursework in the one major, SOBS provides a broader focus by requiring coursework across more than one major related to the helping professions.
- Many former nursing students who are in the later stages of college choose the SOBS major because it minimizes a delay to graduation while it is still related to their interest in “helping” careers.
- The SOBS department may allow certain nursing courses to substitute for required courses in SOBS, but you need to speak directly with the SOBS academic advisor for more guidance and information.

# Popular career fields in the helping professions

Health care and social assistance are generally described as 'helping professions', and those in the industry usually have an innate desire to help others and to give something back to their community. While there has been growth across all health and community service industries, some areas have grown and continue to grow more rapidly than others.

Areas with high growth include:

- Child care occupations (early childhood teachers, pre-primary teachers, childcare workers)
- Aged and residential careers
- Community and personal careers
- Social and welfare professionals (social workers, psychologists)
- Allied health/diagnostic (technicians)
- Education sector (including special education and teaching professionals)

# Non-Clinical Careers in Healthcare Settings

<http://allhealthcare.monster.com/careers/articles/2195>

10 Top Highest Paying Non-Clinical Careers:

1. [Healthcare Administrator](#)
2. [Health Educator](#)
3. [Medical Social Worker](#)
5. [Medical Equipment Preparer](#)
4. [Mental Health Counselor](#)
6. [Athletic Trainer](#)
7. [Rehabilitation Counselor](#)
8. [Medical Records and Health Information Technician](#)
9. [Medical Secretary](#)
10. [Medical Transcriptionist](#)



# Non-Clinical Healthcare Career Options

<http://www.healthschoolfinder.com/non-clinical-health-care-career-options/>

## **Types of Non-Clinical Health Care Careers**

[Health Information Manager](#)

Health Information Technician

[Health Care Administrator](#)

Public Health Educator

Medical Social Worker

[Medical Records](#) (Billing and Coding)

Medical Secretary

[Medical Transcriptionist](#)

Human Resources

Finance and Accounting

Medical Sales

Insurance Processing and Sales



# Many careers in the helping professions require Additional Education and licensing

- Many careers will require a 2 year master's degree that leads to licensing and certification in specific fields in the helping professions. Each degree allows students to focus on a specialization and complete internships in targeted interest areas.
- Most of these degrees do not require a specific undergraduate major. However, each program does require the completion of specific classes prior to being admitted.

- Masters in Social Work
- Masters in Marriage & Family Counseling
- Masters in Psychology
- Masters in Healthcare Administration
- Masters in Education with specializations (special education, guidance counseling, ABA)



Social Work and Counseling are very popular masters programs that leads to licensing to practice in a variety of professions in a variety of jobs.

Careers in Medical Social Work:

<http://healthcareers.about.com/od/healthcareerprofiles/p/MedSocWork.htm>

<http://careersinpsychology.org/start-a-medical-social-work-career/>

[http://education-portal.com/medical\\_social\\_worker.html](http://education-portal.com/medical_social_worker.html)

5 Most Popular Social Work Careers:

<http://msw.usc.edu/mswusc-blog/the-five-most-popular-social-work-careers/>

Rutgers Masters in Social Work Program:

<http://socialwork.rutgers.edu/Academics/MSW/MSWConcentrations.aspx>

Monmouth University Masters in Social Work Program:

<http://www.monmouth.edu/school-of-social-work/msw-concentration-in-clinical-practice-with-children-and-families.aspx>

Careers in "Counseling":

<http://psychology.about.com/od/psychologygradschool/a/masters-in-counseling.htm>

Health Care Administration is a career for students who see themselves working in a healthcare setting, but not as a clinician.

## **HEALTH ADMINISTRATION and MANAGEMENT**

Careers in Hospital Administration:

<http://mhadegree.org/25-great-job-positions-for-mha-degree-grads/>

<http://mhadegree.org/6-awesome-mha-healthcare-administrator-careers/>

School counseling is a career option for students interested in helping K-12 aged students in a variety of ways and settings (including outside of K-12 school districts)

## **SCHOOL COUNSELING:**

<https://schoolcounselor.org/school-counselors-members/careers-roles>

<http://careersinpsychology.org/starting-a-career-as-a-school-counselor/>

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