

# *First Year at Monmouth*

## *Career and Major Resources for Monmouth University Students*

**America's Career Information Network:** [www.acinet.org](http://www.acinet.org)

CareerOneStop is an integrated suite of national web sites that help businesses, job seekers, students, and workforce professionals find employment and career resources. CareerOneStop, sponsored by the U.S. Department of Labor, includes three core products:

- **America's Career InfoNet** ([www.CareerInfoNet.org](http://www.CareerInfoNet.org)) provides national, state and local career information and labor market data using unique career tools, career reports, videos, a career resource library and other innovative web-based tools.
- **America's Job Bank** ([www.ajb.org](http://www.ajb.org)) is the nation's largest online labor exchange. Businesses post job listings, create customized job orders, and search resumes. Job seekers post resumes and search for jobs that fit their career goals. A companion web site, **Department of Defense Job Search** (<http://dod.jobsearch.org>), is a career resource for businesses and military personnel transitioning to civilian careers to match work opportunities.
- **America's Service Locator** ([www.ServiceLocator.org](http://www.ServiceLocator.org)) maps customers to a range of local services including workforce centers, unemployment benefits, job training, education opportunities, and other workforce services.

**Dictionary of Occupational Titles:**

[http://www.wave.net/upg/immigration/dot\\_index.html](http://www.wave.net/upg/immigration/dot_index.html)

**Government Job Search:** [www.usajobs.com](http://www.usajobs.com)

**Mapping Your Future:**

<http://www.mapping-your-future.org/>

Mapping Your Future is a national collaborative, public-service project of the financial aid industry - bringing together the expertise of the industry to provide free college, career, financial aid, and financial literacy services for students, families, and schools.

**MonsterTRAK:** [www.monstertrak.com](http://www.monstertrak.com)

MonsterTRAK is the #1 website for students and alumni looking for full-time and part-time positions, internships & on-campus employment. Whether a student is thinking about a new job, new career, a new city or a new direction, MonsterTRAK helps students explore the possibilities and find the opportunities that are right for them.

**Monster:** [www.monster.com](http://www.monster.com)

Job seekers may post a resume, search job opportunities, get targeted career and resume advice and salary information. Monster provides more "seasoned" job opportunities, therefore is recommended for graduates with a minimum of three years of professional work experience.

**Occupational Outlook Handbook:** [www.bls.gov](http://www.bls.gov)

*The Occupational Outlook Handbook* is a nationally recognized source of career information, designed to provide valuable assistance to individuals making decisions about their future work lives. The *Handbook* is revised every two years.

**O\*NET Online:** <http://online.onetcenter.org>

The O\*NET system serves as the nation's primary source of occupational information, providing comprehensive information on key attributes and characteristics of workers and occupations. The O\*NET database houses this data and O\*NET Online provides easy access to that information.

---

**Useful Monmouth University Web sites:**

---

**What Can I Do With This Major?**

<http://www.monmouth.edu/academics/7GG/majors/>

A convenient website that helps students connect majors with careers. For each major that interests the student, he/she chooses "Information" to find an outline of common career areas, typical employers, and strategies designed to maximize career opportunities. Choose "Links" to find a list of websites that provide information about listed majors and related careers.

**What Can You Do With a Health Studies Major?**

\hd.##V`i Y\Uk \_"a cba ci h\ "YXi #r ^\_cbcdUM#<YU`h Gi XJYg#K \UfSnci SWWbSXcSk Jh S< G"XcW

**Center for Student Success**

<http://www.monmouth.edu/academics/7GG/>