“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
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 (**4th/5th** 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
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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**Where do I want to help others?** What types of work settings seem appealing to you? Why are those work settings interesting?
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...”.

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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
Helping Professions Career Tree

- Psychiatrist
- Psychologist
- Consumer Relations and Research
- Criminal Investigator
- Substance Abuse Centers
- School Psychologist
- School Counselor
- Media Planner
- Animal Trainer
- Researcher
- Therapist MSW
- Vocational Rehab Centers
- Community Service Rep
- Credit Counselor
- Academic Counselor
- Services for Criminal Offenders
- Medical Social Work
- Human Resources
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.
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

10 Top Highest Paying Non-Clinical Careers:
1. Healthcare Administrator
2. Health Educator
3. Medical Social Worker
4. Mental Health Counselor
5. Medical Equipment Preparer
6. Athletic Trainer
7. Rehabilitation Counselor
8. Medical Records and Health Information Technician
9. Medical Secretary
10. Medical Transcriptionist
Non-Clinical Healthcare 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://careersinpsychology.org/start-a-medical-social-work-career/
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:

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/
Schedule an appointment with The Career Center to discuss possible majors and career options!

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