

Career Exploration Guide

Step 1: Explore your interests, skills, personality and work values

Make an appointment with a career counselor to explore your career interests.

The Career Center offers three assessments, the **Strong Interest Inventory**, **Myers-Briggs Type Indicator**, and **StrengthsFinder 2.0**.

My **Strong Interest Inventory** Results (Interests): _____

My **Myers-Briggs** Results (Personality): _____

My **StrengthFinder** Results (5 Themes of Talent): _____

Use these assessments to help you answer the 4 Career Questions:

- What skills can I contribute?
- What motivates me to be my best?
- What exactly do I want to do (daily tasks and responsibilities)?
- What types of organization(s) do I want to work for?

Step 2: Explore what you can do with different majors

- Learn more about **UNC Asheville's Majors**: unca.edu/academics/departments
- Visit "**What Can I Do With This Major?**": career.unca.edu/what-can-i-do-major
- Use **LinkedIn** to see where **UNC Asheville alumni** are working: linkedin.com/edu/school?id=18794&trk=edu-cp-logo
- **UNC Asheville Career Stories** blog compiles experiences from students and alumni to help guide you on your career journey. uncashevillescareercenter.wordpress.com

My top major choices: 1.) _____ Why? _____

2. _____ Why? _____

Step 3: Research occupations

Research job duties, tasks, education requirements, salary, wages and job outlook on **O*NET** onetonline.org/ and **Occupational Outlook Handbook**: bls.gov/ooh/

Occupations that interest me:

Step 4: Find sample job postings

Use job search sites such as  Handshake,  LinkedIn, Indeed.com, and CareerBuilder.com

Job Title 1: _____ Employer: _____

Requirements I meet: _____ /don't meet: _____

I like this job because: _____

Job Title 2: _____ Employer: _____

Requirements I meet: _____

Requirements I meet: _____ /don't meet: _____

I like this job because: _____

Step 5: Ask the experts

- Get advice from faculty and current students in your academic department of interest.
- Arrange **Informational Interviews** with professionals in occupations of interest: career.unca.edu/sites/default/files/documents/Job_Search_PDFs/Informational%20Interview%20Guide.pdf
- Attend Career Panels, networking events and other campus programs where you can learn more about career paths for Liberal Arts students; look for upcoming events: career.unca.edu
- Create your LinkedIn profile and find professionals in your field of interest. university.linkedin.com/linkedin-for-students.html
- Use LinkedIn to find professionals in your field of interest and read more about their career paths.

• 3 people I would like to ask for information: _____, _____, _____

• 3 events I could attend at UNCA or in the community: _____

Step 6: Give the job a trial run

Consider job shadowing experiences, part-time work, internships or volunteer opportunities to identify what you enjoy doing, test jobs, and build your network.

2 things I will explore doing now: _____

and _____.