**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 two assessments, the **Strong Interest Inventory** and the **Myers-Briggs Temperament Indicator**. There are also several free self-assessments that can help you in this process: [https://career.unca.edu/self-assessment](https://career.unca.edu/self-assessment).

My Strong Interest Inventory Results (Interests): _____ _____ _____
My Myers-Briggs Results (Personality): _____ _____ _____ _____

- What skills can I contribute?
- What motivates me to be my best?
- What exactly do I want to do (daily tasks and responsibilities)?
- What 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: [https://www.unca.edu/academics/departments](https://www.unca.edu/academics/departments)
- Visit "What Can I Do With This Major?": [https://career.unca.edu/what-can-i-do-major](https://career.unca.edu/what-can-i-do-major)
- **UNC Asheville Career Stories** blog compiles experiences from students and alumni to help guide you on your career journey. [http://uncashevillecareercenter.wordpress.com/](http://uncashevillecareercenter.wordpress.com/)

My top major choices: 1.) ___________________________ Why? ____________________________________

2. ___________________________ Why? ____________________________________

**Step 3: Research occupations**


**Occupations that interest me:**

**Job Title 1:** ____________________________________ Education required:___________________________

Job outlook/growth: ___________________________ Average salary:___________________________

I like this occupation because: ____________________________________

________________________________________________________________________________________

**Job Title 2:** ____________________________________ Education required:___________________________

Job outlook/growth: ___________________________ Average salary:___________________________

I like this occupation because: ____________________________________

________________________________________________________________________________________
Step 4: Find sample job postings
Use job search sites such as indeed.com, CareerShift, RockyLink, CareerBuilder, etc.

Job Title 1: ___________________________   Employer: ______________________________
Requirements I meet: ___________________________/don’t meet: ____________________________
I like this job because: _________________________________________________________________

Job Title 2: ___________________________   Employer: ______________________________
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: https://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. http://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: ___________________________________________________________

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