

Career Exploration Ideas:

This list is just the beginning. The most important thing to do when looking into a possible career is to be open to experience and take advantage of the opportunities that exist. Ideally these ideas can help you get started.

1. Find ways to learn about yourself:

Find out about your personality type – take the MBTI

Get involved on campus.

Explore the Liberal Arts – What are your favorite classes and why?

Find out about your interests – take the Strong Interest Inventory online.

Get involved in a club or organization of interest

What motivates you? What do you value? Who do you admire?

2. Learn about different careers

Login to Wisconsin Careers

Visit the Occupational Outlook handbook online <http://www.bls.gov/oco/>

Talk to people in fields of interest

Talk to Professors

Do job shadowing

Visit the UWMC career center located in Student Services

Visit an academic or career advisor in Student Services

3. Get some experience!

Apply for an internship – see Patti Thwait's in Student Services for details

Volunteer

Work on campus in related fields

Work off campus in related fields

4. Know that you are free to change your mind

Most people will change their careers 3 – 5 times within their working lifetime. Look at career exploration as a continuous process – do something that you feel good about – that allows you to be of value to yourself and the workplace. This process is far from easy. Plunge into all that you can. College is an opportunity to learn – not just about the world around you but also about yourself. Be courageous and consider any mistakes as opportunities to learn and to grow. Please visit an advisor in Student Services for additional guidance and suggestions.