



University Career Center

Career Exploration + Planning: [Find Your Career Ready Map](#)

I. Self-Reflection:

- What have been your favorite classes?
- Why did you choose your major?
- What are your strengths?

- _____
- _____
- _____

Identify your values:

- ☐ Achievement
- ☐ Building Relationships
- ☐ Challenge
- ☐ Collaboration/Teamwork
- ☐ Compensation/Salary
- ☐ Creativity
- ☐ Cultural Diversity
- ☐ Helping Others/Society
- ☐ Independence
- ☐ Job Security
- ☐ Leadership
- ☐ Learning
- ☐ Prestige
- ☐ Recognition
- ☐ Self-Expression
- ☐ Support
- ☐ Utilizing Skills
- ☐ Variety
- ☐ Working Inside
- ☐ Working Outdoors

What would you like to learn? What experiences would you like to gain?

[*Take the CareerExplorer Career Assessment*](#)



[*Take the MBTI Personality Assessment*](#)



What are your top career matches? Can you identify any themes?

4 Dimensions of Career Fit for Career Decision-Making:

Workplace

Will the typical workplace of this career make me happy?

Your environment is a large contributor to your workplace happiness.

History

Will my past experiences and education help me get a job in this career?

Where you live, experiences and education are important considerations to choosing a career.

Interests

Will I find this career interesting?

Research shows that interest in a care field is positive correlated with career satisfaction.

Personality

Will I be good at this career?

Personality fit with a career is a strong predictor of on-the-job performance.



II. Research: What Can I Do With This Major?

Review the *What Can I Do With This Major* Resource and find your major.
What areas and employer types interest you?



III. ChatGPT Prompts for Career Exploration

Additional Notes:

Career Exploration Recap Checklist

- ✓ Explore interests, values, skills, and personality fit
- ✓ Research degree majors and careers
- ✓ Build a support network and make professional connections
- ✓ Explore Career Center services and resources

