

THE U



Inspiring students to EXPLORE career options and build EXPERIENCE through internships and employer connections to ACHIEVE professional goals for Life After UT.

## EXPLORE

If you are trying to figure out who you are and where you are going then you are probably in the Explore phase. Whether a freshman, graduate student, alumni or somewhere in between, you can discover who you are as a person with meaningful career options that align with your values, interests, personality, skills, strengths and motivations.

## EXPERIENCE

The Experience phase means you are ready to actively try things out to see what you like and don't like, as well as develop relevant skills for your personal and professional growth. This phase is critical to prioritizing values, putting theory to practice and building your résumé.

## ACHIEVE

This phase is about applying all the hard work you've done through academics, campus internships and other career-related experiences. You are living in the Achieve phase when you are able to articulate who you are and where you would like to go professionally.

# EXPLORE

- What do I want to do with my life?
- What are different things I can do with my major?
- How do I even know what careers I will like?
- What opportunities will help me explore something I'm interested in?
- I always thought I wanted to be a (fill in career idea here), but now I'm not so sure.

- Self-Awareness
- Critical Thinking
- Communication

- Conduct an informational interview
- Get exposed to different areas of interest by:
  - Volunteering
  - Taking an introductory class
  - Joining a club or organization
  - Attending a campus event
- Research career fields
- Complete a career assessment
- Complete a one-on-one appointment in Career Services

- What counts as valuable experience?
- How do I build my résumé?
- How do I gain experience if I don't have experience?
- What's the best way to find an internship?
- How do I get experience in the industry/major I like?

## Spartan Ready Competencies

- Ld3636 -5.264 Td (Spartane)EMC ofin Ready Competencies
  - • •