Career Exploration is an intentional and oftentimes lifelong process that requires you to think deeply about yourself and reflect upon your interests, values, strengths, and personality. There is no easy or perfect answer to “What career will be right for me?”, but by following the career exploration process below, you will be able to identify a variety of options that could be a great fit for you.

Notice that there is no clear beginning or end to this process. However, it is common for students to be somewhere around the “Better understand your skills, interest and preferences” or “Research Your Options” steps. Looking at this cycle, take a second to think about where you currently are in this process. Once you’ve identified your stage, flip through this booklet and start with the page that feels like it would be most relevant to you.
Better understand your skills, interest and preferences

Interests

Take a look at the hexagon below. Circle or mark all of the words or phrases that resonate with you as you read each triangle. After you have read through the whole hexagon, write down the labels of the 3 triangles in which you connected with most in order from 1st most to 3rd most.

1. __________________________

2. __________________________

3. __________________________

Using the 1st letter of each of the words you have written, you have created your Holland Code! This can be used to learn about different careers that may interest you. Use the websites below to see what jobs you might be interested in based on your Holland Code. Record your results on the “Jobs I Discovered” page of this booklet.

https://www.onetonline.org/find/descriptor/browse/Interests/

http://www.chroniclecareerlibrary.com/cgp/cgp/2ndpghoc.html

Want to learn more about your interests and Holland Code? Meet with your Career Coach about taking the Strong Interest Inventory!
## Personality

1. Circle or mark the box that best describes you:

<table>
<thead>
<tr>
<th>E</th>
<th>I</th>
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<tbody>
<tr>
<td>Being around others energizes me. I am often described as “outgoing” or a “people person”. I have a large group of friends and know lots of people. I often enjoy working in groups or on teams.</td>
<td>Being around large groups of people can be draining for me. I am often described as “reflective” or a “reserved”. I prefer having a few, close friends whom I really know well. I am comfortable being alone and sometimes prefer it.</td>
</tr>
<tr>
<td>or</td>
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<th>S</th>
<th>N</th>
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</thead>
<tbody>
<tr>
<td>I often pay attention to what I can see, hear, taste, touch, &amp; smell. I am often described as ‘pragmatic’ and like to solve problems using facts and logic. I’m less likely to focus on words or symbols.</td>
<td>I often think more about impressions, meanings, or patterns than I do about tangible facts. I enjoy thinking about the big picture and like doing things that are new or different. I am good at reading between the lines.</td>
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<tr>
<td>or</td>
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<tr>
<th>T</th>
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<tbody>
<tr>
<td>I think with my head. I value logic, equity, and truth and utilize these to make decisions. I often weigh the pros &amp; cons to make sure I am making the smartest decision.</td>
<td>I think with my heart. I value others’ points-of-view, harmony, and expression. I often consider what is important to others to make sure I am making the most tactful &amp; inclusive decision.</td>
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<td>or</td>
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<th>J</th>
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<tr>
<td>I prefer a planned and structured way of life. I am more relaxed when I have my life under control. I may make to-do lists and prioritize my work. I often have weekend events &amp; vacations planned from start to finish.</td>
<td>I prefer a flexible and spontaneous way of life. I am more relaxed when I have the freedom to adapt and change plans. I may be open to new experiences and enjoy mixing work and play. I can be seen as ‘go with the flow’.</td>
</tr>
</tbody>
</table>

2. Use the letter under each box you circle to create a four letter code. Write that code on the lines below.

____  ____  ____  ____

This is your personality type! Learn more about your personality type and careers in which you may enjoy with the websites below. Record your results on the “Jobs I Discovered” page of this booklet.

http://www.myersbriggs.org/my-mbti-personality-type/mbti-basics/the-16-mbti-types.htm

https://www.truity.com/view/types

Want to learn more about your personality type? Talk with your Career Coach about taking the MBTI!
Strengths

Think back about past life experiences, classes, group projects, jobs, internships, etc. and think about what you did particularly well. What were some things your professors or supervisors complimented you on? When did you feel most ‘in the zone’? Sometimes it can be hard to give yourself credit for all of the things you do great! Therefore, it can be helpful to ask others what they see you do well. Take a minute to list 5 things you think you do well and also ask for feedback from others!

<table>
<thead>
<tr>
<th>Self</th>
<th>Friends</th>
<th>Family</th>
<th>Professors</th>
<th>Supervisors</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td></td>
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<td>2.</td>
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<tr>
<td>5.</td>
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Learn more about careers that fit with your skills. Record your results on the “Jobs I Discovered” page of this booklet.

[https://www.myskillsmyfuture.org/](https://www.myskillsmyfuture.org/)
[https://www.onetonline.org/find_DESCRIPTOR/browse/Skills/](https://www.onetonline.org/find_DESCRIPTOR/browse/Skills/)

Want to learn more about your skills and strengths? Talk with your Career Coach about taking StrengthsQuest!
Research Your Options

1. Explore Online Resources
   Check out some of the following links to learn more about different career opportunities.
   - ONet Online: https://www.onetonline.org/
   - What Can I Do With This Major?: http://whatcanidowiththismajor.com/major/majors/

2. Search for your Dream Job
   1. Go to Careers.utah.edu.
   2. Log in to UCareerPath.
   3. Click ‘CareerShift’ on the right hand side.
   4. Type in broad key words from your skills, interests, values, and personality into the search bar.
   5. Read through job postings that sound interesting to you and take note of keywords that resonate with you.
   6. Use these new key words to help you continue to narrow your search.

3. Dissect the Job Posting

<table>
<thead>
<tr>
<th>Position and Company</th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Responsibilities/Duties I like...</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Responsibilities/Duties I dislike...</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Skills I have...</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Skills I may need to improve...</td>
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<td></td>
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</tr>
<tr>
<td>Work culture/environment that does fit me...</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Work culture/environment that does not fit me...</td>
<td></td>
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</tbody>
</table>

4. Look at the chart above and identify key words and common themes from the jobs you researched.
Reflect and Evaluate

Take some time to reflect on what you have learned about yourself and varying career pathways. Evaluate how your specific interests, skills, and values would be best utilized in the careers you discovered. If none of them feel like a great fit, remember this process is a cycle, and check back to a previous step! If a fear of commitment is holding you back, remember that you can change your mind down the road. Many people change careers during their lifetime!

If you need some more support, try out some of the decision-making models below or schedule an appointment with your career coach. We’re here to help!

Value Based Decision Making

Have a couple of options you could pursue? Determine what decision most lines up with your values using this simple analytical approach. This exercise will help you work through your personal values and career priorities, so you are prepared to make the right decision.

Now look at the list of values below and rank each one from 1 (never value) to 5 (always value).

___ Practicality___Family___Creativity___Status/Prestige
___Helping others___Collaboration___Diversity___High earnings potential
___Independence___Recognition___Fun/Humor___Work/Life balance
___Tradition___Leadership___Spirituality___Competition
___Adventure___Community___Precision work___Structure/Predictability
___Advancement___Knowledge___Environment___Intellectual status
___Change/Variety___Tranquility___Fast Pace___Continual learning
___Challenge___Power/Authority___Integrity___Work under pressure
___Security___Stability___Friendship___Work with others

Now check out your top ranked values and list your top 3 below.

1. ____________________________ 2. ____________________________ 3. ____________________________

Values can mean different things for different people. For example, where one person sees creativity as the opportunity to utilize their artistic expression, someone else may see it as having the freedom to solve technical problems by innovating new ideas. Think about what your top 3 values mean to you and brainstorm some careers that might align with these values. Record your results on the “Jobs I Discovered” page of this booklet.
Instructions: Explore the links on the previous worksheets to identify careers in which you may be interested based off of your interests, values, personality, and strengths. Record jobs that you may be interested in below.

**Interests:Values:**

1. _______________________________________ 1. _______________________________________
2. _______________________________________ 2. _______________________________________
3. _______________________________________ 3. _______________________________________
4. _______________________________________ 4. _______________________________________
5. _______________________________________ 5. _______________________________________ 
6. _______________________________________ 6. _______________________________________ 
7. _______________________________________ 7. _______________________________________ 
8. _______________________________________ 8. _______________________________________ 
9. _______________________________________ 9. _______________________________________ 
10. _______________________________________ 10. _______________________________________ 

**Personality:Strengths:**

1. _______________________________________ 1. _______________________________________ 
2. _______________________________________ 2. _______________________________________ 
3. _______________________________________ 3. _______________________________________ 
4. _______________________________________ 4. _______________________________________ 
5. _______________________________________ 5. _______________________________________ 
6. _______________________________________ 6. _______________________________________ 
7. _______________________________________ 7. _______________________________________ 
8. _______________________________________ 8. _______________________________________ 
9. _______________________________________ 9. _______________________________________ 
10. _______________________________________ 10. _______________________________________
Want more personalized support? Stop by our office!