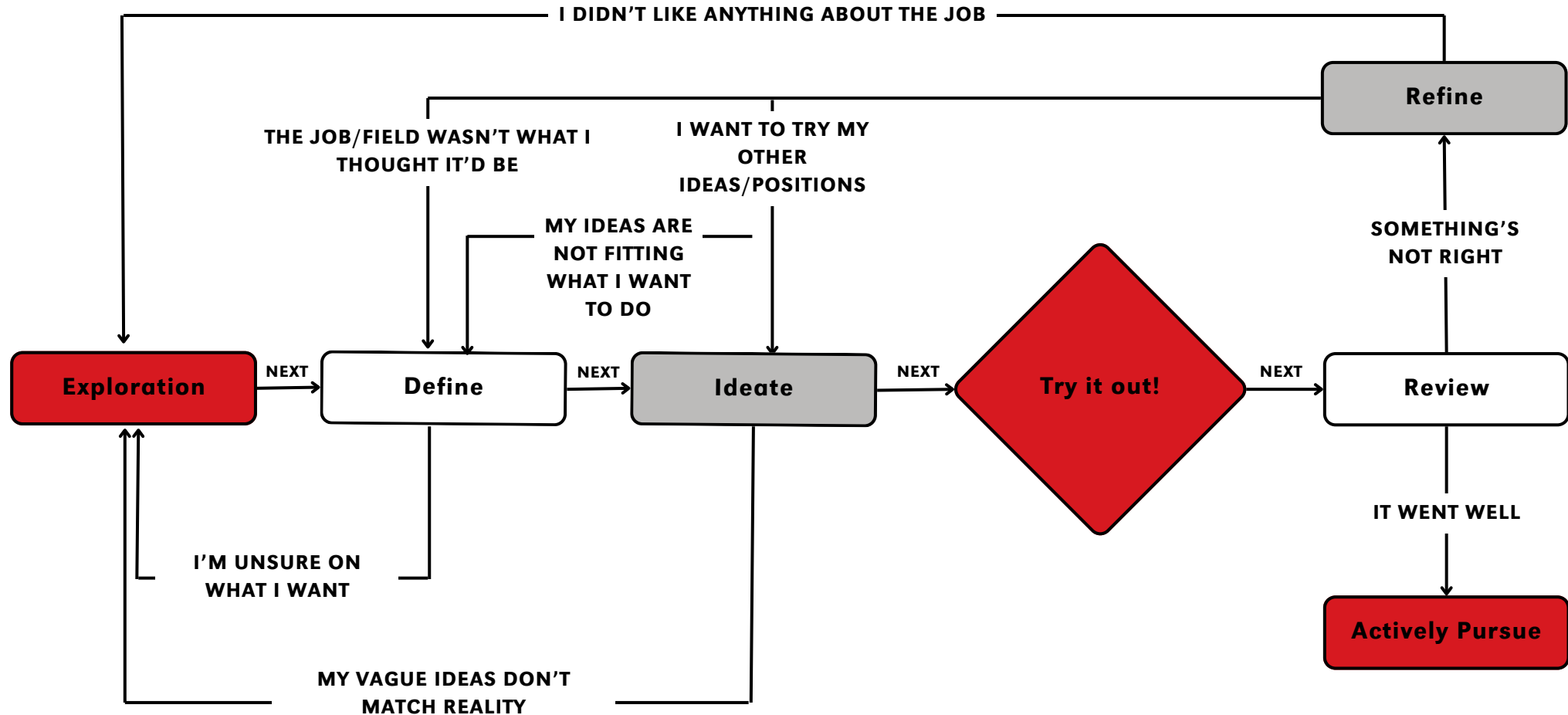


Build Your Career



UNIVERSITY OF NEBRASKA AT OMAHA
CAREER SERVICES



Exploration



Define



Ideate



Try it out

• This is your time to do some self exploration!

- What do you like/dislike?
- What are your strengths/weaknesses?
- What is going well?
- What is getting in your way?

• Resources:

- Self-Assessment (PathwayU)
- Joyful Journaling
- Career Exploration Appointment

• What do you want your career/life to look like?

- Only needs to be a rough direction
- What jobs have you heard of/been interested in?
- What's important to you in a career?

• Resources:

- Career Exploration Appointment
- 3 Lives Exercise
- What Can I Do With My Major handouts

• Come up with LOTS of ideas about what you want your work to look like!

- What ideas do you want to test?
- Resources:
 - Handshake/LinkedIn
 - Career & Internship Fairs
 - Informational Interviews
 - Occupational Outlook Handbook

• This is your chance to try out some of the idea that you have!

- Internships
- Part Time Jobs
- Informational Interviews
- Research
- Career & Internship Fairs
- LinkedIn
- Job Shadowing
- Volunteering
- Service Learning
- Experiential Learning Projects
- Side-Projects

Review



Refine



Actively Pursue

• Review your experience and reflect on what happened!

- What went well?
- Were there things that you wanted to change? If so what did you want to change?
- How did it feel?
- Was the industry a good fit? The position itself?

• After reflecting on your experience, refine your ideas about what you want your job to look like?

- Is there anything you would change?
 - How would you change it?

• Now it's time to pursue this career and/or similar ones!
• Don't worry, you're not stuck with this career forever. You can mold it to fit where you are throughout your lifetime.