This workbook will help you identify majors and careers that best suit your interests, skills, and values. This is a process, so take time to complete the activities and reflect on them to determine the majors and careers you want to pursue. Meet with an advisor in Career Services or the Explore Center to assist you as you work toward choosing a major and career.
Recognizing your interests, skills, and values is important for personal and career satisfaction. Careers that intersect with all three will likely be a good fit. Assessing yourself is one way to help identify your interests, skills, and values. Follow the steps below to learn more about yourself in these areas.

1. **Spend Time Career Dreaming**
   - What did you want to be when you were a kid?
   - If you could choose any career, what would it be and why?
   - What is one career you have considered, but decided against and why?

2. **Identify Your Interests, Skills, and Values**
   Circle your top three interests, skills, and values below.

<table>
<thead>
<tr>
<th>INTERESTS</th>
<th>SKILLS</th>
<th>VALUES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Designing/Creating</td>
<td>Written/Verbal Communication</td>
<td>Independence/Flexibility</td>
</tr>
<tr>
<td>Helping Others</td>
<td>Quantitative</td>
<td>Security</td>
</tr>
<tr>
<td>Hands-on Activities</td>
<td>Leadership</td>
<td>Income</td>
</tr>
<tr>
<td>Details/Efficiency</td>
<td>Adaptable</td>
<td>Work Environment</td>
</tr>
<tr>
<td>Leading/Managing</td>
<td>Interpersonal/Relationship Building</td>
<td>Travel/Adventure</td>
</tr>
<tr>
<td>Science/Technology/Engineering/ Math (STEM)</td>
<td>Teamwork/Collaboration</td>
<td>Creativity/Innovation</td>
</tr>
<tr>
<td>Performing</td>
<td>Coordination/Attention to Details</td>
<td>Career Advancement</td>
</tr>
<tr>
<td>Influencing/Persuading</td>
<td>Physical Coordination</td>
<td>Enjoyment/Happiness</td>
</tr>
<tr>
<td>Athletics/Physical Activities</td>
<td>Technical</td>
<td>Work/Life Balance</td>
</tr>
<tr>
<td>Researching/Reading</td>
<td>Artistic</td>
<td>Contribution/Service</td>
</tr>
<tr>
<td>Planning/Organizing</td>
<td>Mechanical</td>
<td>Prestige/Status</td>
</tr>
<tr>
<td>Teaching/Training</td>
<td>Critical Thinking/Problem Solving</td>
<td>Teamwork</td>
</tr>
</tbody>
</table>

3. **Find Themes**
   What patterns do you see coming through your answers to the questions in Step 1 and your selections in Step 2 (e.g. I like solving problems for people).

1.
2.
3.
RESEARCH MAJORS AND CAREERS

Researching majors and careers allows you to see how your interests, skills, and values relate to different fields and can introduce you to options you have not yet considered. Use the resources below to help you begin your major and career research.

Research Majors

Use the Undergraduate Bulletin (bulletin.unl.edu/undergraduate) and meet with faculty and/or an academic advisor in your majors of interest to find the following on each:

- What classes are required by the College and the degree?
- Is an introductory or exploratory course offered in the major?
- What are typical career paths for students graduating with this major?
- What are the current opportunities or challenges and/or emerging areas of research in the discipline?
- What skills do I need to be successful in the major?

Research Careers

Use online resources for your research by visiting careers.unl.edu/explore.

Career Guide to UNL Majors | “What Can I Do With This Major?” | Occupational Outlook Handbook | O*Net

Research careers of interest to find information on each of the following:

- Primary Responsibilities
- Skills and Abilities
- Education Requirements
- Work Schedule
- Salary
- Travel
- Career Paths
- Employment Projections

Interview professionals in careers of interest to gain personalized information through questions such as:

- What is a typical work day like for you?
- What do you enjoy most and least about your job?
- Who do you interact with most and in what ways?
- How did you get your start in this field?
- What other positions might be available in this field?
- What advice would you give to someone planning to go into this field?

EXAMINE MAJORS AND CAREERS

Understanding how majors and careers relate to each other is a critical component in your exploration. Different majors can often lead to the same career and there are several majors that can lead to a variety of careers. The following exercises will help you evaluate choices which may be a fit for you.

Evaluate Major and Career Options

<table>
<thead>
<tr>
<th>Major/Career (of interest)</th>
<th>What do you like about this major or career?</th>
<th>What don’t you like about this major or career?</th>
<th>How does this major or career fit with your interests, skills, and values?</th>
</tr>
</thead>
<tbody>
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</tbody>
</table>
Connect Majors and Careers

After you have identified your major and career options, evaluate which choice(s) are a fit for you.

<table>
<thead>
<tr>
<th>EXPLORE A MAJOR</th>
<th>YOUR INTERESTS</th>
<th>EXPLORE A CAREER</th>
<th>YOUR INTERESTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>EXAMPLE MAJOR: Psychology</td>
<td>MAJOR:</td>
<td>EXAMPLE CAREER: Management Consultant</td>
<td>CAREER:</td>
</tr>
<tr>
<td>EXAMPLE CAREER OPTIONS:</td>
<td>CAREER OPTIONS:</td>
<td></td>
<td>MAJOR OPTIONS:</td>
</tr>
<tr>
<td>1 Human Services/Counseling</td>
<td>1</td>
<td>1 Management</td>
<td>1</td>
</tr>
<tr>
<td>2 Higher Education/Research</td>
<td>2</td>
<td>2 Psychology</td>
<td>2</td>
</tr>
<tr>
<td>3 Sales/Consulting</td>
<td>3</td>
<td>3 Computer Science</td>
<td>3</td>
</tr>
</tbody>
</table>

MORE EXPLORATION ACTIVITIES

If you are still questioning your major and career options, consider the following activities to continue the process of deciding the major(s) and career(s) you wish to pursue.

Complete a Career Assessment

Access these additional resources at careers.unl.edu/explore.

- Focus 2
  - Offers interest, skills, values, and personality assessments and connects careers to UNL majors.
  - Password: huskers

- Career Cruising
  - Offers interest and skills assessments as well as career information such as education requirements and salary. Funded by the UNL Parents Association. Contact our office for the username and password.

- My Next Move
  - Identifies interests and relates them to careers.

- Strong Interest Inventory
  - Provides a career profile and compares it to working professionals. Meet with a Career Advisor for a referral and complete the assessment in 225 Nebraska Union.

Take an Exploratory Course

If you are interested in finding appropriate exploratory courses in majors of interest, consult with an Explore Center Advisor. For a broader approach, take Educational Psychology 150, a 1-credit Career Development Seminar, which will guide you through further assessment and exploration activities.

NEXT STEPS

List the steps you will take next to determine the major(s) and career(s) you will pursue. For assistance through these and other exploration activities, meet with an advisor in the Explore Center or Career Services. You can use the UNL directory (directory.unl.edu) to connect with faculty and academic advisors.

ACTION STEP

CONTACT INFORMATION

GET IN TOUCH

Explore Center
Love Library South 127
402.472.3605
explorecenter.unl.edu

Career Services
225 NE Union
402.472.3145
careers.unl.edu