

Career Exploration Activity

Objective

To explore potential career paths and begin creating a career development plan.

Learning Goals

1. Articulate their values, interests, skills, and goals
2. Identify experiences available to explore interests and skills
3. Identify potential academic majors and career paths that align with their values, interests, skills, and goals
4. Reflect on how their career plans have changed as a result of their exploration activities

Resources

[Engage Central](#)

[Handshake](#)

[CMU Study Abroad](#)

[O*NET](#)

[What Can I Do with this Major?](#)

[Career Insight](#)

Activities

1. CMU has more than 400 registered student organizations. What organization(s) can you get involved in to help you prepare for your future career? Note: organization involvement does not need to be specifically related to your major/career in order to prepare you for your career.
2. There are typically more than 3,000 internship opportunities posted for CMU students in Handshake. Identify at least three internships that look interesting to you.
3. Find at least one study abroad opportunity that is interesting to you. Note: staff from the Study Abroad and Financial Aid offices can help you explore funding options to make a study abroad experience more affordable.
4. What is the current job market outlook for your field of interest? Utilize the tools listed above to explore different career options based on your major. Identify at least three potential career options. What is the average salary for these careers? How many jobs were posted in the past year? Is this field growing, contracting, or neutral?

Essay Prompts

Compose a 400-500-word essay reflecting on your experience exploring various career opportunities. Include responses to the following prompts in your essay:

- Summarize the information you gathered from the four activities outlined above.
- How has this experience affected your career plans?
- What next steps will you take to prepare for your future career?



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