



OFFICE OF
CAREER SERVICES

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 this phase. Whether a freshman, graduate student, alumni or somewhere in between, you can connect 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 involvement, 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

EXPERIENCE

ACHIEVE

Questions You May be Asking Yourself or Want to Ask

- 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.

- 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?

- How do I market myself best?
- I need a job, and I'll do anything. Where do I start?
- What do I do in my gap year?
- How do I connect with companies?
- What's the best way to find a job?
- How do I prepare for an interview?
- I have a job offer. Now what?

Spartan Ready Competencies

- Self-Awareness
- Critical Thinking
- Communication

- Life Skills
- Teamwork
- Self-Awareness

- Professionalism
- Organization
- Interpersonal Abilities

Initial Next Steps

- 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

- Internships, one of the keys to post-graduate success:
www.ut.edu/internships
- Campus involvement:
www.ut.edu/studentengagement
- Community volunteering or engagement
- Conduct an informational interview or job shadow
- Part-time job (on- or off-campus)
- Class and faculty-led research projects
- International experience/study abroad
- Industry-specific events
- Complete a one-on-one appointment in Career Services

- Search for jobs and company contacts on Handshake
- Job fairs and related industry events
- Attend professional development workshops
- Schedule a mock interview
- Use your personal contacts and LinkedIn
- Create your job or graduate school search strategies
- Complete the First Destination Survey
- Complete a one-on-one appointment in Career Services