

## Exploring Your TruMotivate Results

1. Using the suggested careers from TruMotivate, write down career titles that you would like to further explore:
2. Find your career titles of interest at the [Occupational Outlook Handbook](#) to learn more about these options.

When you arrive on the landing page for a specific occupation, please do the following:

- a. Read the summary
- b. Click on the What they Do tab and write down any duties or tasks that seem fun/interesting to you
- c. Click on the Work Environment tab and write down any work environment qualities that seem like a fit for you
- d. Click on the How to Become One tab and write down questions, curiosities, concerns, or uncertainties you have about potentially pursuing this career path
- e. Learn more about each career idea by searching for the career path on YouTube and TikTok. You will find a wide range of perspectives and insights!
- f. After you have completed What They Do, Work Environment, and How to Become One read through what you have written down and note what themes and patterns arise in each category. These themes and patterns are likely going to be important for you in any career path you pursue. Your questions, curiosities, concerns, or uncertainties can also help you create good questions for conducting Informational Interviews

If you read about career options that you would like to further explore, go to the [Informational Interviewing Guide](#) and/or schedule a Career Exploration appointment on [Handshake](#)

