CAREER EXPLORATION ROAD MAP

SELF ASSESS

START

1. Assess your skills, interests, and values using MyIDP or Imagine PhD. ☐ Done
2. What are three of my top interests?
3. What are three of my top skills?
4. What are three of my core values?
5. What are three careers I think I might like?
6. I want to use this road map to explore the following career:

INVESTIGATE

1. Gather information on a career ☐ Done
2. Interact with professionals in that career ☐ Done
3. Try typical work tasks ☐ Done

Investigate more

REFLECT

1. Could I do work that is interesting to me in this career? ☐ Yes ☐ No
2. Would this career involve a tolerable amount of work I do not find interesting? ☐ Yes ☐ No
3. Do I like the people I would work with? Do I want to be like them? ☐ Yes ☐ No
4. Do I like doing typical tasks found in this career? ☐ Yes ☐ No
5. Does this career suit what is important to me? ☐ Yes ☐ No
6. Am I willing to do what is required to enter this career? ☐ Yes ☐ No

SYNTHESIZE

Have my answers to the reflection questions been confirmed by multiple knowledgeable sources?
- IF NO → Stop pursuing this career and take heart! You are making progress!
- IF YES → Based on my responses to the reflection questions, can I see myself in this career?
  - IF NO → Stop pursuing this career and take heart! You are making progress!
  - IF YES → Can I find a niche in this career that would be a good fit?
    - IF NO → Stop pursuing this career and take heart! You are making progress!
    - IF YES → Keep pursuing this career!
  - IF MIXED YES/NO → Can I find a niche in this career that would be a good fit?

RE-ASSESS

Stop pursuing this career and take heart! You are making progress!

1. What is one way I have strengthened my career exploration skills?
2. What is one thing I have learned about my preferences or priorities?
3. Can I sharpen my answers to the self-assessment questions?
4. Did I hear about other careers that might suit me?
5. Given everything I know now, what career(s) will I explore next?

PLAN AND IMPLEMENT

Keep pursuing this career!

1. Make a plan to get experience (if necessary)
2. Prepare your resume
3. Get back in touch with your networking contacts in this field and let them know you're looking for a job.
4. Apply
5. Interview
6. Negotiate

FINISH!

Accept a job that is a great next step for you!

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