Career Exploration: What are your options?

Exploring career options does not have to be daunting, if you know where to start. At this stage, the goals are for you to identify and assess which overall career paths and specific positions and organizations are a good match with your 'critical factors' - your values, interests, skills and preferences. To achieve these goals, you need to know how to effectively find opportunities, successfully network in your professional community and assess if a position is a good fit for you.

Steps to explore career options:

1. First, watch this presentation [1] to see how a health professional student effectively explores her career options using an Explore List.
2. Talk with professionals in your field [2] to learn how to network professionally to explore a particular career path.
3. Ask your friends, advisors, mentors, faculty, colleagues for help in filling out your Explore List.

Links:
[1] http://www.slideshare.net/UCSFOCPD/ucsfocpd-how-to-effectively-explore-careers
[2] https://career.ucsf.edu/dentistry-students/career-exploration/networking-101