

Tips for Exploring Majors & Careers

- Get to know yourself! What are your values, interests, skills, and personality? How can your attributes fit into a major? Also, what are your interests in school and do they offer that degree at UNM?
- Find out what degrees UNM has to offer: <http://degrees.unm.edu/>
- Find out some ideas and options for what you could do with a specific major: <https://career.unm.edu/students--alumni/majors--careers.html>
- Use Buzzfile to learn about employers in each state that hire graduates with each major: <http://www.buzzfile.com/Major/Employers-by-Major>
- Research potential careers of interest to find out about required knowledge, skills, and abilities that go into each career using O*NET Online: <https://www.onetonline.org/>
- Find out additional information about your chosen career and investigate the educational requirements, certifications, and potential trainings that your career may have using the Bureau of Labor Statistics Occupational Outlook Handbook: <https://www.bls.gov/ooh/>
- Learn more about employers, professional associations, and meet-ups in the Albuquerque area at NM Netlinks <http://www.nmnetlinks.com/>
- Make a list and talk to a [career development facilitator](#) for more information about the areas you are interested in and then consider:
 - **Informational Interviews:** A formal or informal meeting with a professional in your potential field. The goal of an informational interview is to gain first-hand information about a career from an individual within the field. Start with professionals you know personally or professionally to locate potential candidates to interview. Use this guide to help you formulate questions and how to conduct one: <https://career.unm.edu/assets/pdfs/informational-interviewing.pdf>
 - **Job Shadows:** Observe a day in the life of a professional in your prospective career. You can also use Handshake <https://unm.joinhandshake.com/login> to search for possible candidates at specific companies from whom you can request an informational interview or to job shadow. You can also use Handshake to search for internships and jobs.
 - **Volunteering:** Volunteering provides a great opportunity for you to learn about different career while adding valuable experience to your resume. Use the Center for Non-profit Excellence <https://www.centerfornonprofitexcellence.org/jobs?page=1>

- **Student Organizations:** A great way to get connected to students with similar interests and grow your professional network <https://sac.unm.edu/>
- If you are still stuck, we offer three career assessments: [the Myers-Briggs Type Indicator \(MBTI\)](#) and [the Strong Interest Inventory \(SII\)](#), and [the Career Construction Interview \(CCI\)](#). The MBTI is a personality assessment that shows dominant personality characteristics and careers where people of similar personalities have found satisfaction. The SII will generate a theme code based on your interests and provide lists of occupations that match you with people of similar interests who are happily employed. Talk to a [career development facilitator](#) for more information about the assessments.
 - When considering the MBTI and SII, it is important to remember that the assessments are not a quick and easy answer for choosing a major or selecting a career!
 - The assessments can help with this decision, but they are tools that will provide information on a host of different careers and can also provide information for self-exploration.
 - The **Career Construction Interview (CCI)**, is an in-person, qualitative assessment that provides a unique and creative approach to organizing and making sense of the stories that shape and define us. Working in unison with your career practitioner, the CCI will help you explore values, interests, motivational drives, and problems that may impede your career decision-making. If you are feeling stuck about a career choice, lost in transition, or unsure about an upcoming decision, consider exploring your career story with the CCI.

UNM Career Services

505-277-2531

<http://career.unm.edu>

University Advisement & Enrichment Center (building 85 on campus map), Room 220

onlinecareerservices@unm.edu

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