Exploratory Pathways

UNDERGRADUATE ADVISING CENTER

Exploration Activities

Circle, write down, and brainstorm what you've done for each category of activities. Don't be afraid to think ahead as well. Exploration involves the important steps of reflection & processing. Bring this completed document with you as you meet with members of your support network at KU.

Support Network

*Fill the area below with your personal network. Who are your people? Who supports you?*

My advisor:

My instructors:

My career coach:

Who else?

Academics

UNIV 101 | UNIV 120 | EPSY 310

First Year Seminar | Learning Communities | Exploratory Classes

*Which have you participated in, and what did you learn?*

Involvement

Join Student Organizations | KU Alumni Mentoring | Alternative Breaks | Volunteering – Shadowing | Campus Events | Internships or Employment | Study Abroad | Informational Interviews and Research

*Which have you participated in, and what did you gain from each?*

HawkQuest & Other Self Assessment

<career.ku.edu/hawkquest>

*What are your top five results?*

1.

2.

3.

4.

5.

Other:

* Career Communities Quiz: <career.ku.edu/career-community-quiz>
* UCC worksheets
* Career Assessments (Focus, Strong Interest Inventory, TruTalent, CliftonStrengths for Students: <career.ku.edu/assessments>

Online Resources

*Circle all that you’ve used.*

Academic Calendar | Schedule of Classes | Study Abroad Website | Departmental Websites | Degree Progress Report (DPR) | KU Mentoring | explore.ku.edu | advising.ku.edu | newsletters | career.ku.edu