



EXPLORATION RESOURCES

If you are exploring majors or changing majors:

1. Be sure to use Academic Advising drop-ins [Academic Advising Drop-ins](#)
2. Check out the [Focus2 Assessment](#) to explore ideas as well! Scroll down for access.
3. Start exploring major or career ideas before registration or your career exploration appointment in Career Services, here are some ways to get started:

EXPLORATION TIPS

1. Research majors you are already interested in learning about [UTampa Majors](#)
2. Use **What Can I Do With This Major** to begin to get ideas about careers related to majors of interest.

Go to ut.edu/career/exploration/where then click on the What Can I Do With This Major link use this resource to research many of the jobs/careers people do with this major. If you see some that are interesting, or that you are not sure about, you can use the following resource(#3) to get more information. What Can I Do with this Major is a national resource created by the University of Tennessee. Not all UT majors are part of this resource.

3. After you identify jobs/careers that sound interesting, go to the Occupational Outlook Handbook to learn more specifics, and especially pay attention to majors associated with these careers. You will see that most careers have several related majors. How to do this:

Go to the [Occupational Outlook Handbook](#)

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

- a. Read the summary
- b. Click on the What they Do tab and **list** any duties or tasks that seem fun/interesting to you:
- c. Click on the Work Environment tab and **list** any work environment qualities that align with what you think you might like:
- d. Click on the How to Become One tab and **list questions, curiosities, concerns, or uncertainties** you have about potentially pursuing this career path. Notice majors that sound interesting to you.
- e. After you have completed What They Do, Work Environment, and How to Become One read through what you have typed. **List what themes and patterns arise in each category.**
- f. This process helps you to get clearer on what does/doesn't sound interesting to move you toward general major/career directions.

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Web and AI Tools for Exploration: You can also use ChatGPT and/or Microsoft Pilot to explore major and career ideas.

Sample prompts include:

- *Provide a table that compares career paths related to a Psychology major*
 - *This paragraph (you provide paragraph) describes my strengths and what I want in a job. Would you provide job titles that align with my paragraph?*
 - Ask Chat to provide career ideas using content from [Life Map Content and/or Assessment Results](#)
4. How this works for most people: the previous resources get you started. But while you are waiting to meet with a career coach, there are some other things you can do to help with your exploration process:
- **Pay attention to your life:** what topics, conversations, classes, interests, thoughts, people capture your attention and motivate you on a regular basis? Write these down. You might notice patterns, themes, and topics that point to majors/careers of interests.
 - **Talk with professors or Department Chairs.** Connect through office hours or email with the people who can provide insight on what and why students are in the major(s) you are interested in. You can find out what the major is like, as well as the career aspirations that students have in a particular major.
 - **Join a club or organization, volunteer, work part time:** these experiences are great for your overall well-being, and they also expand your relationships, which gives you more ideas for careers of interest, and you gain experience in the process
 - **Talk to interesting people:** if you have a family friend, peer, professor, person in your life that is living in a way you admire or is in a career that is interesting to you-ASK THEM QUESTIONS. Learn about their life and career path as a way to help you with yours. Go to this link to learn more about having these conversations [Career Exploration Conversations](#) (focus on the section called Informational Interviewing)
 - **Schedule a Career Exploration appointment with Career Services:**
<https://www.ut.edu/campus-life/career-services>

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