Indicators to encourage some self-exploration:

- They do not know what to major in
- Failing foundational courses for their major
- Cannot get accepted into their major program
- Uninterested in or dislike courses related to their major
- Uninterested in/apathetic toward all courses
- Unmotivated for college in general
- Told to come to college, no personal goal
- Have scattered interests or are taking courses in seemingly unrelated fields
- Highly successful in courses unrelated to their major but not in courses for their major

Questions to ask students:

- What drew you to your current major?
- What is it you like best about your major or career path?
- What do you know about ________ (career you are pursuing)?
- How much experience do you have with ________ (career you are pursuing)?
- What is your dream job?
  If you could do any job in the world, no holds or obstacles, what would it be?
- What would a day look like in your dream job?

Tools to use in advising:

- Career Construction Interview:
  - Favorite TV shows, magazines, websites, etc.
  - Role models
  - Favorite motto
- O*Net database: [www.onetonline.org](http://www.onetonline.org)
- RIASEC Color Cards
- Miracle question: “If you could do anything...”
- A day in the dream job
- Occupational Interests Card Sort
- Motivational Skills Card Sort
- Career Values Card Sort
- Future consideration: GCDF training

Resources for students to use independently:

- O*Net database: [www.onetonline.org](http://www.onetonline.org)
- O*Net Interest Profiler: [www.mynextmove.org/explore/ip](http://www.mynextmove.org/explore/ip)
- NM Workforce Connections:
- CareerOneStop: [www.careeronestop.org](http://www.careeronestop.org)
- Refer to UNM Career Services Office
  - [career.unm.edu](http://career.unm.edu)
  - Individual consultations
  - Career Construction Interview (full)
  - All of Knowdell’s Card Sorts
  - Strong Interest Inventory & MBTI
  - Internship connections & job fairs
  - Job-search tools

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