

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
- ◆ 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
- ◆ O*Net Interest Profiler:
www.mynextmove.org/explore/ip
- ◆ NM Workforce Connections:
- ◆ CareerOneStop: www.careeronestop.org
- ◆ GetMyFuture:
www.careeronestop.org/GetMyFuture
- ◆ Refer to UNM Career Services Office
 - ◇ 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