**Tar Heel Exploration**

What’s the plan? What are you doing to prepare for life after sport?

<table>
<thead>
<tr>
<th>EXPLORATION</th>
<th>PREPARE YOURSELF</th>
<th>TAKE ACTION</th>
<th>TRANSITION</th>
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</thead>
<tbody>
<tr>
<td>Self-assessments are a way for you to make informed decisions about your values, interests, skills and personality.</td>
<td>Participate! Develop and build professional relationships while exploring through various opportunities.</td>
<td>Get out there! See what job is a good fit for you through experiences such as: internships, volunteering, or campus organizations.</td>
<td>Do your research! Learn more about career paths and jobs that are out there.</td>
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**Personal Growth**
- Get to know your academic advisor and academic team counselors
- Attend Carolina Navigate
- Join Carolina Outreach

**Major Exploration**
- Attend Major & Minor Exploration Fair
- Attend Undecided Student Workshops
- Attend information sessions for business school and/or health professions

**Career Development**
- Take Focus 2 Assessment
- Create a Handshake profile

**Personal Growth**
- Meet with a career counselor
- Attend resume workshop
- Identify and join student organizations and participate in volunteer activities
- Apply for Carolina Cultivate
- Join Carolina Outreach
- Apply to be in Carolina Accelerate

**Major Exploration**
- Enroll in EDUC 130 and/or EDUC 131
-Attend Undecided Student Workshops
- Attend Major & Minor Exploration Fair
- Declare a major

**Career Development**
- Create a Handshake profile
- Attend a resume workshop
- Enroll in EDUC 131

**Personal Growth**
- Meet with a career counselor
- Apply to join Carolina Incubate
- Join Carolina Outreach
- Apply for Carolina Cultivate
- Apply to be in Carolina Accelerate

**Major Exploration**
- Attend Pre-Professional School workshops
- Participate in informational interviewing
- Enroll in EDUC 131 and/or EDUC 132
- Explore graduate schools

**Career Development**
- Participate in informational interviewing
- Enroll in EDUC 131 and/or EDUC 132
- Update Handshake profile
- Attend Student-Athlete Career Fair and/or UCS Career Fair
- Attend resume workshops

**Personal Growth**
- Join Carolina Activate
- Join Carolina Outreach
- Apply for Carolina Cultivate
- Apply to join Carolina Incubate

**Major Exploration**
- Graduate School Information Fair

**Career Development**
- Participate in mock interview with career counselor
- Update resume and cover letter
- Research on campus interviews (posted in Handshake)
- Participate in job shadowing
- Attend the job/internship expo
- Attend Student-Athlete Career Fair and/or UCS Career Fair
- Enroll in EDUC 132
- Update Handshake profile

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**Thrive at Carolina Courses:** EDUC 130: Navigating the Research University; EDUC 131: Career Explorations; EDUC 132: Career Planning
In addition to the suggested opportunities, departments across campus have developed a purposeful partnership in helping student-athletes develop and implement major and career exploration plans.

<table>
<thead>
<tr>
<th>University Career Services</th>
<th>Academic Advising Program in the College of Arts &amp; Sciences</th>
<th>Student-Athlete Development</th>
<th>Academic Support Program for Student-Athletes</th>
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<tbody>
<tr>
<td>Chloe Benjamin</td>
<td>Spencer Welborn, Assistant Dean</td>
<td>Cricket Lane, Assistant AD</td>
<td>Athletic Academic Counselors (see your respective sport counselor)</td>
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<tr>
<td>Assistant Director</td>
<td>Assistant Dean</td>
<td>Cricket Lane, Assistant AD</td>
<td><a href="mailto:aspsa@unc.edu">aspsa@unc.edu</a></td>
</tr>
<tr>
<td><a href="mailto:chloe.benjamin@unc.edu">chloe.benjamin@unc.edu</a></td>
<td><a href="mailto:swelborn@email.unc.edu">swelborn@email.unc.edu</a></td>
<td><a href="mailto:cricket@unc.edu">cricket@unc.edu</a> / Loudermilk</td>
<td>Loudermilk, 2nd Floor</td>
</tr>
<tr>
<td>Loudermilk 2304</td>
<td>919) 843-8917</td>
<td>2105</td>
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<tr>
<td></td>
<td>Steele Building, CB #3110/Loudermilk 2409</td>
<td>Shelley Johnson, Leadership</td>
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<td>Academy <a href="mailto:Shelljo@unc.edu">Shelljo@unc.edu</a> / Loudermilk</td>
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<td></td>
<td>Korie Rich, Carolina Outreach and Career Coordinator</td>
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<td><a href="mailto:kcsawyer@unc.edu">kcsawyer@unc.edu</a> / Loudermilk</td>
<td>2108</td>
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<td>How can we help you?</td>
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<td>Self Assessment Inventory</td>
<td>Major Exploration</td>
<td>Student-Athlete Career Fair</td>
<td>Academic &amp; Career Counseling</td>
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<td>(Focus 2, Myers-Briggs,</td>
<td>Declare a Major</td>
<td>Career Planning</td>
<td>Course/Major Exploration</td>
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<td>Resume Assistance</td>
<td>Graduation Planning</td>
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If you have any questions or would like to know more about opportunities, please feel free to reach out: