



TAR HEEL EXPLORATION

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

EXPLORATION <i>Self-assessments are a way for you to make informed decisions about your values, interests, skills and personality.</i>	PREPARE YOURSELF <i>Participate! Develop and build professional relationships while exploring through various opportunities.</i>	TAKE ACTION <i>Get out there! See what job is a good fit for you through experiences such as: internships, volunteering, or campus organizations.</i>	TRANSITION <i>Do your research! Learn more about career paths and jobs that are out there.</i>
<p>Personal Growth</p> <ul style="list-style-type: none"> <input type="checkbox"/> Get to know your academic advisor and academic team counselors <input type="checkbox"/> Attend Carolina Navigate <input type="checkbox"/> Join Carolina Outreach <p>Major Exploration</p> <ul style="list-style-type: none"> <input type="checkbox"/> Attend Major & Minor Exploration Fair <input type="checkbox"/> Attend Undecided Student Workshops <input type="checkbox"/> Attend information sessions for business school and/or health professions <input type="checkbox"/> Enroll in EDUC 130 <input type="checkbox"/> Participate in Strong Interest Inventory <p>Career Development</p> <ul style="list-style-type: none"> <input type="checkbox"/> Take Focus 2 Assessment <input type="checkbox"/> Create a Handshake profile 	<p>Personal Growth</p> <ul style="list-style-type: none"> <input type="checkbox"/> Meet with a career counselor <input type="checkbox"/> Attend resume workshop <input type="checkbox"/> Identify and join student organizations and participate in volunteer activities <input type="checkbox"/> Apply for Carolina Cultivate <input type="checkbox"/> Join Carolina Outreach <input type="checkbox"/> Apply to be in Carolina Accelerate <p>Major Exploration</p> <ul style="list-style-type: none"> <input type="checkbox"/> Enroll in EDUC 130 and/or EDUC 131 <input type="checkbox"/> Attend Undecided Student Workshops <input type="checkbox"/> Attend Major & Minor Exploration Fair <input type="checkbox"/> Declare a major <p>Career Development</p> <ul style="list-style-type: none"> <input type="checkbox"/> Create a Handshake profile <input type="checkbox"/> Attend a resume workshop <input type="checkbox"/> Enroll in EDUC 131 	<p>Personal Growth</p> <ul style="list-style-type: none"> <input type="checkbox"/> Meet with a career counselor <input type="checkbox"/> Apply to join Carolina Incubate <input type="checkbox"/> Join Carolina Outreach <input type="checkbox"/> Apply for Carolina Cultivate <input type="checkbox"/> Apply to be in Carolina Accelerate <p>Major Exploration</p> <ul style="list-style-type: none"> <input type="checkbox"/> Attend Pre-Professional School workshops <input type="checkbox"/> Participate in informational interviewing <input type="checkbox"/> Enroll in EDUC 131 and/or EDUC 132 <input type="checkbox"/> Explore graduate schools <p>Career Development</p> <ul style="list-style-type: none"> <input type="checkbox"/> Participate in informational interviewing <input type="checkbox"/> Enroll in EDUC 131 and/or EDUC 132 <input type="checkbox"/> Update Handshake profile <input type="checkbox"/> Attend Student-Athlete Career Fair and/or UCS Career Fair <input type="checkbox"/> Attend resume workshops 	<p>Personal Growth</p> <ul style="list-style-type: none"> <input type="checkbox"/> Join Carolina Activate <input type="checkbox"/> Join Carolina Outreach <input type="checkbox"/> Apply for Carolina Cultivate <input type="checkbox"/> Apply to join Carolina Incubate <p>Major Exploration</p> <ul style="list-style-type: none"> <input type="checkbox"/> Graduate School Information Fair <p>Career Development</p> <ul style="list-style-type: none"> <input type="checkbox"/> Participate in mock interview with career counselor <input type="checkbox"/> Update resume and cover letter <input type="checkbox"/> Research on campus interviews (posted in Handshake) <input type="checkbox"/> Participate in job shadowing <input type="checkbox"/> Attend the job/internship expo <input type="checkbox"/> Attend Student-Athlete Career Fair and/or UCS Career Fair <input type="checkbox"/> Enroll in EDUC 132 <input type="checkbox"/> Update Handshake profile





Thrive at Carolina Courses: EDUC 130: Navigating the Research University; EDUC 131: Career Explorations; EDUC 132: Career Planning

COLLABORATIVE DEPARTMENTS

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.

- Guide student-athletes as they consider their academic and career interests and abilities
- Provide support through academic and career advising
- Create partnerships with student-athletes to create educational plans
- Provide guidance in personal development, leadership skills, and preparing for a career
- Help students to interpret and reach their personal and professional goals

If you have any questions or would like to know more about opportunities, please feel free to reach out:

<p>University Career Services</p> 	<p>Academic Advising Program in the College of Arts & Sciences</p> 	<p>Student-Athlete Development</p> 	<p>Academic Support Program for Student-Athletes</p> 
<p>Grace Athy <i>Assistant Director of Career Coaching and Education</i> Grace.Athy@unc.edu</p>	<p>Spencer Welborn, Assistant Dean swelborn@email.unc.edu Steele Building, CB #3110 (919) 843-8917 Loudermilk 2409</p>	<p>Cricket Lane, Assistant AD cricket@unc.edu / Loudermilk 2105</p> <p>Shelley Johnson, Leadership Academy Shelljo@unc.edu / Loudermilk 2016</p>	<p>Athletic Academic Counselors (see your respective sport counselor) aspsa@unc.edu Loudermilk, 2nd Floor</p>
<p>How can we help you?</p> <ul style="list-style-type: none"> • Self Assessment Inventory (Focus 2, Myers-Briggs, Strong Interest) • Career Planning • Resume Assistance • Mock Interviews • Explore Internships • Handshake • Graduate School Information Fair • LinkedIn Lab 	<p>How can we help you?</p> <ul style="list-style-type: none"> • Major Exploration • Declare a Major • Course Exploration • Major Workshops • Undecided Student Workshops • Graduation Planning 	<p>How can we help you?</p> <ul style="list-style-type: none"> • Focus 2 • Student-Athlete Career Fair • Career Planning • Resume Assistance • Explore Internships • Mock Interviews • Majors & Minors Fair • Carolina Incubate • Carolina Outreach • Carolina Navigate • Carolina Accelerate 	<p>How can we help you?</p> <ul style="list-style-type: none"> • Strong Interest Inventory • Academic & Career Counseling • Major Exploration • Course Exploration • Graduation Planning