

Explore Your Career Possibilities



St. Martin Career Exploration Office
Career and Professional Success

Not sure what you want to do once you leave UNH? That's okay-- here are tips on figuring it out:

1. Identify and Understand your Values, Interests and Strengths

Sometimes this can be done as self-reflection, other times students to make an appointment with us to discuss and assess their interests and discover how it relates to their future career. Know that values, interests and strengths can change over time and it is good to reflect periodically.

2. Research a Variety of Possibilities

We don't know what we don't know. And if we only know a couple possibilities of potential jobs, we might not even know that what we really want to do, exists. Do your research, talk with a career advisor to help, explore career research sites, explore careers by majors.

3. Talk with Professionals in the Fields of Interest

Informational interviewing is a great way to meet with professionals and hear about careers directly from someone who lives it each day. Once you start talking with individuals you may gain a better vision of yourself in a similar role.

4. Engage in Opportunities to Get Your Feet Wet

Researching and communicating with those in the field are great ways to learn about a job, but many people don't fully recognize whether they enjoy or dislike a job until they've had some experience with it. Internships, volunteering, service work, research, and clinical experiences are all great ways to help determine if a particular job might be right for you.

5. Re-evaluate. How do these careers align with my values, interests and strengths?

Once you've research, chatted with individuals, and participated in an experiential learning opportunity, don't forget to reflect. Are their careers you have crossed off your list? Ones you want to explore further? Will these jobs fulfill your values, align with your interests and play to your strengths?