exploring majors & careers

career services
www.unl.edu/careers
Interests, Skills and Values

Before exploring majors and careers, get to know your interests, skills and values. Make decisions based upon that knowledge. Your best options for majors and careers are where your interests, skills and values meet.

Career Assessments

While an assessment won’t give you one right answer, it will provide insight into how your interests and skills match majors and careers. Discuss your results and plan next steps with a Career Counselor.

- Campbell Interest and Skill Survey*: Measures your skills and interests, then compares them to professionals in a wide variety of careers.
- Strong Interest Inventory*: Measures your interests, then provides a profile guiding you to related academic majors, careers and leisure activities.
- Career Cruising: Provides in-depth profiles of hundreds of careers. Call Career Services (472-3145) for the username: password:

* While Career Services pays a portion of the cost, a $10 fee is required.
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Web Resources

The Career Services website (www.unl.edu/careers/) section “Find a Major or Career” offers a wide range of resources about academic majors, career paths and more. This includes several resources specific to UNL majors.

Career Guide to UNL Majors (www.unl.edu/careers/careerguide) has information on jobs, education and internships of recent UNL graduates in specific majors.

Undergraduate Bulletin (bulletin.unl.edu/undergraduate/) The Undergraduate Bulletin contains information about all programs of undergraduate study at the University of Nebraska–Lincoln including requirements, course descriptions and more.

Exploratory and Pre-Professional Advising Center (The Explore Center)

The Explore Center (33 Canfield | 402.472.3605 | explorecenter.unl.edu) is the advising home for students who are in the process of deciding on a major. You have the opportunity to explore more than 150 majors while still completing courses that count towards a UNL degree. Professional advisers in the Explore Center will help you identify courses that count towards potential majors, while also completing courses for the University wide general education program known as ACE – Achievement Centered Education.

Guided Professional Shadowing

The Guided Professional Shadowing (GPS) program is a collaboration between the Explore Center and Career Services which connects you with a professional in a career area of interest. GPS can help you gain first hand information about a specific career, organization or industry. In addition, a successful job shadowing experience can provide you with a valuable contact and mentor in your career area of interest.

Start by discussing your interests with Career Services during a walk-in session or appointment. Our staff will research and identify a professional willing to be shadowed and provide you with their contact information.

EDPS 150

Educational Psychology 150 is a 2-credit career development course focused on your interests and skills as well as academic and career information. The assignments are a variety of self-directed major and career exploration activities. Your instructor is a Career Services Counselor who will meet with you throughout the semester to discuss your individual progress.

Exploration Courses

UNL offers exploration courses (go.unl.edu/explore) to help you measure your interest in a particular academic area. Talk with your academic adviser about courses that apply to your interests as well as how they fit into the academic programs you are considering.

relationships between majors and careers

Major A  ➔  Career A

Some majors have obvious career paths like Education, Accounting, and Nursing.

Major A  ↔  Career A

Career B

Career C

Less obvious career paths may be possible with additional coursework, internships or volunteer experience. For example, an English major pursuing Law, Business, or Public Relations.

Major A

Major B  ➔  Career A

Major C

Some careers draw upon preparation and knowledge from almost any major. For example, Law and Medicine are pursued by majors in Psychology, Business, Engineering and more.
take action

Activities to help you gain major and career information

• Meet with a Career Counselor at Career Services. Stop by 230 Nebraska Union for a walk-in, weekdays 10 am - 4 pm (10-12 and 1-3 in summer), schedule an appointment on-line with MyPLAN or by calling (402) 472-3145.

• Visit the Career Resource Center (225 Nebraska Union) for resources related to majors, careers, industries, employers and more.

• Complete an assessment to clarify interests and skills.

• Browse the “Find a Major or Career” section of the Career Services website (www.unl.edu/careers/explore) for a variety of helpful resources.

• Utilize the Career Guide to UNL Majors for information on the career and educational paths of recent UNL graduates and interns (www.unl.edu/careers/careerguide).

• Research curricular requirements and courses using department websites along with the Undergraduate Bulletin (bulletin.unl.edu/undergraduate).

• Meet with Academic Advisers, faculty and students in academic areas of interest.

• Take an exploration course in an area of interest (go.unl.edu/explore).

• Get involved in student organizations related to academic, career or personal interests (www.unl.edu/involved).

• Take advantage of career-related part-time jobs, internships, volunteer activities or research experiences.

• Conduct an informational interview with or arrange to shadow a professional in your career area of interest. Use the GPS program through Career Services or draw upon your network of family, friends, former supervisors and others to identify contacts.

...a HUSKER always stands out.

• post and send resumes
• search jobs, internships and employers
• request on-campus interviews
• stay updated on career opportunities

www.unl.edu/careers

career services
230 Nebraska Union
(402) 472-3145

20-minute Walk-ins, Weekdays 10am - 4pm
By Appointment, Weekdays 8am - 5pm

Career Services at CBA
138 CBA
(402) 472-7272

Career Services East
303 Nebraska East Union
(402) 472-8273

www.unl.edu/careers

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