Explore: Think about who you are and what you want

Activities at this stage
- Determine what is important to you about your major or career
- Explore what you like and dislike
- Use assessments and tools to find careers and majors that match your criteria.

Before students can decide on anything, they need to know what they are looking for and want. Many students hear that they should follow their passion. The problem is that not everyone has a passion, and many people don’t develop a passion until they have been doing something for a while. If students happen to have a passion, that’s great! They should look at how that shows up in their life and whether they want to pursue that as a career. For others, however, it will be easier to follow their curiosity, like, what are the things they find interesting? Because this is a process, there will be many opportunities to try different choices out before they must decide on anything. That is why this stage is called Explore.

As instructors, the goal is to encourage and support students to develop many possibilities based on what students like, what they do well, and what they value. This stage helps them learn more about themselves and explore how their characteristics align with majors or careers. Creating a list of possibilities can remind them how many good choices they have. During their long life, they may even be able to do quite a few things. If students are struggling to come up with possible ideas, you should suggest they make an appointment with a career advisor.

Class activities
- Focus 2
Take the Focus 2 Assessment in class or as an assignment before class.
Have students create a list of the potential careers they may be interested in from their Focus 2 results.
To learn more about Focus 2, you can read more here.
• Discuss who, what, when, why, and how students can network to start exploring potential career paths. (Talk about the Great Danes in NYC Program opportunity in the Resources below)
• Watch career-related videos on Candid Career
• **Complete the Interests Exercise (TBD)**

**Resources**
• Focus 2 [https://career.albany.edu/resources/focus-2-self-assessment/](https://career.albany.edu/resources/focus-2-self-assessment/)
• O*Net [https://career.albany.edu/resources/career-exploration-resources/](https://career.albany.edu/resources/career-exploration-resources/)
• Candid Career [https://career.albany.edu/resources/candid-career/](https://career.albany.edu/resources/candid-career/)
• UAlbany Four Year Plans [https://www.albany.edu/academic-advising/four-year-plans](https://www.albany.edu/academic-advising/four-year-plans)
• UCAN [https://career.albany.edu/resources/ucan/](https://career.albany.edu/resources/ucan/)

**Assignments**