

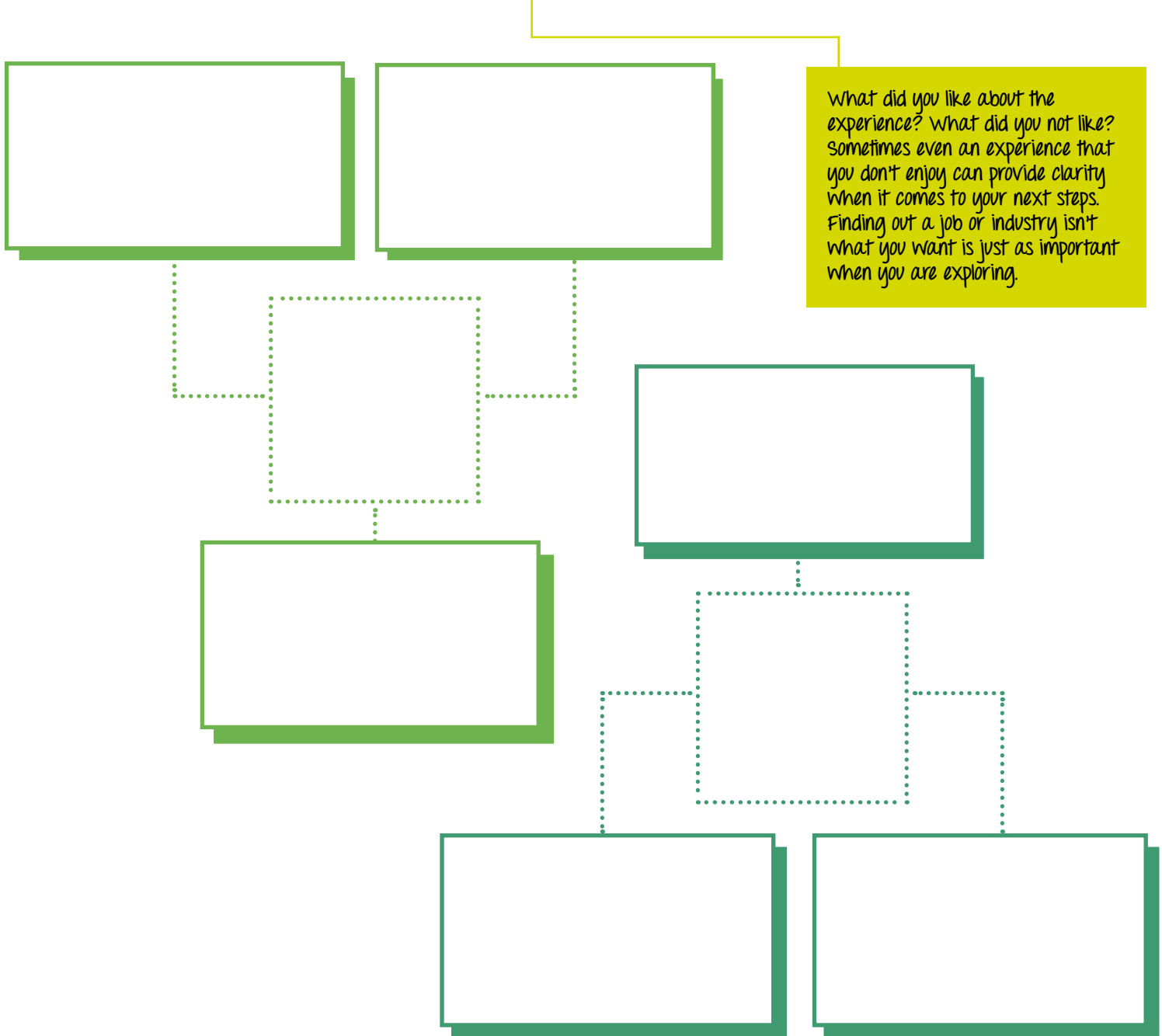
EXPLORATION ACTION PLAN

Name: _____

Are you ready to make a plan for how to explore your career and academic interests? If you are ready to commit to a plan, think about what your goals are. Are you trying to narrow down your academic interests OR are you trying to figure out what career fields might be a good fit for you?

Make a Plan

This mind map can be helpful as you explore your own interests and identify ways to gain experience. There is no right way to explore so use this as a guide. Be sure to reflect on your experiences throughout and also take time after an experience to ask **clarifying questions** that will help point you in the right direction.



After you have started the exploration action plan. Did you...

- meet with the Fleishman Center to learn more about your interests, and strengths?
- create your exploration action plan?
- reflect on the progress you have made on your exploration plan?

Meet with a career consultant

What did you learn through your exploration?

Did you learn about any new opportunities that you would like to explore further?

Now what?

It's time to create SMART Goals. SMART Goals help to create actionable next steps to make meaning from your exploration.

Specific S G	Measurable M O	Achievable A A	Realistic R L	Timely T S
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M Y G O A L S

- 1.
- 2.
- 3.