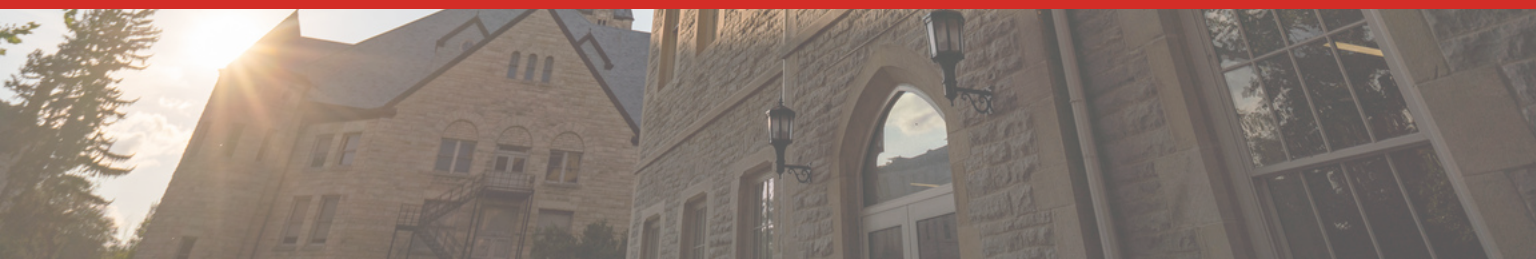




EXPLORATORY GUIDE

DISCOVER. PREPARE. LAUNCH.



STEP 1 DISCOVER

Empathize & Define Stages of Design Thinking **GET INSIDE YOUR HEAD!**

You are here. Start from where you are—not where others think you should be. The Career Connection Team is here to support you as you ask questions, explore options, and make informed choices that feel right for you.

Remember, there is not just one correct career choice – only good choosing.

Picture three versions of yourself living different but equally awesome lives. Ask Yourself:

- What's my next best step?
- What are my strengths, interests, values, and skills?
- What kind of challenges do I want to tackle in my career?

Self-assessment and reflection helps you stay curious, open to new ideas, and ready for opportunities now and in the future!

WHY IS THE DISCOVERY PROCESS SO IMPORTANT?

Each of us has preferred ways we interact with the world, process information, and make decisions. The more self-aware we are, the clearer we understand what activities bring us joy, satisfaction, and a sense of purpose.

ASSESSMENT TOOLS TO HELP YOU DISCOVER YOU

Q: Do I have to do/use ALL of these?

A: **No!** Work with your Career Catalyst to determine which will fit most with your needs.

Explore these resources to get to know yourself better and uncover exciting jobs and internships that could be the perfect fit for you! Find more about them on our **Career Resource Hub** (careers.owu.edu)



Take a Career Assessment

- ☐ PathwaysU Interest Assessment
- ☐ OWU Strengths Assessment
- ☐ Challenge Cards (Digital Platform or In-Person)
- ☐ NACE Competency Self-Assessment



Explore helpful Career Tools

- ☐ Wandering Map
- ☐ Candid Career “Day in the Life” Videos
- ☐ Occupation Outlook Handbook & O*NET
- ☐ OWU Student “Experiences”
- ☐ Match Major Sheets



Participate in a Career Program and/or Course

- ☐ Harness the Power of YOU: Career Exploration
- ☐ Navigating College to Career Course UC 154 (Fall)
- ☐ Designing Your Future Course UC 153 (Spring)

STEP 2

PREPARE

Ideating & Prototyping: use what you've learned through self assessment &

PREPARE YOUR PATH!

Develop Your Ideas

Start by letting your ideas roam. Don't let your internal critic tell you to "be realistic." Think of your ideas as wandering with purpose in a big, open field. Exploration is part of the process.

Meet with your OWU Career Catalyst to talk through what's on your mind. If your original goal feels out of reach, ask yourself:

What related careers can I explore? What "on-ramps" could lead me to meaningful, fulfilling work?

Begin designing your future by asking:

If I wanted to start this career tomorrow, would I be ready?

Do I have the education, skills, training, and experience I need?

If not, that's okay—just make a list. What are the gaps between where I am and where I want to be?

Then ask:

What's one small step I could take tomorrow to move closer to that goal?

Some ideas might be:

- Researching a job description
- Reaching out to a professional in the field
- Taking a related class
- Finding a shadowing or internship opportunity



Designing your career is not about having all the answers—it's about staying curious and moving forward, one step at a time.



Prepare Yourself Professionally

- ☐ Refine your Resume and/or Cover Letter
- ☐ Hone your Elevator Pitch
- ☐ Participate in Mock Interviews
- ☐ “GROWTH” Goals
- ☐ Get a Headshot & use it in your LinkedIn Profile
- ☐ Gain a Professional Association Membership
- ☐ Utilize “RAIN” Internship & Job Organization Platform



Participate In a Career Program & Coursework

- ☐ Career & Grad School Fair, Internship & Summer Job Fair
- ☐ Bishop Launch Program (Sophomores & Juniors)
- ☐ Real Life 101 Program (Seniors)
- ☐ Career Readiness Course
- ☐ Career Community Programs
- ☐ OWU Connection Conference, Speed Mock Interview Event

Dysfunctional belief: “**My degree determines my career.**”

Reframe: “**I can transfer the skills and knowledge from my major into many different careers so I am going to take the opportunity to explore possibilities.**”

Dysfunctional belief: “**I only get 1 career choice (there is only 1 right career for me) and if I make the wrong choice, I have failed.**”

Reframe: “**There is not 1 best version of me. I have choices and am curious to test/try out a possible future. The question is not “what do I want to be” but “who do I want to grow into.”**”

STEP 3 LAUNCH

Level up your career journey in the Test Stage!
TAKE ADVANTAGE OF ADDITIONAL OPPORTUNITIES!

Boost your career journey by staying informed about opportunities, attending events, and making connections on and off campus. Explore different experiences, engage with new people, and follow up to keep building your network.

Opportunities to Say “Yes” to



- ☐ Key Career “Experiences” on Website
- ☐ OWU Connection CX Experiences
- ☐ Handshake Job Postings & Collections
- ☐ Career Community Newsletters
- ☐ Opportunities
- ☐ Career Connection Grants to Fund Internships
- ☐ Career Fairs & Employer Partners
- ☐ “How to Rock Being On and Off the Clock” Program
- ☐ Informational Interview with Alumni Partners

WHY IS THE LAUNCH PROCESS SO IMPORTANT?

Your next step could be just one conversation, one email, or one event away—go for it!

This launch process bridges the gap between your preparation, and your next opportunity. You just need to take a few steps to get there. Remember; you're not alone!

**LET US HELP YOU! CAREER
CONNECTION CAN HELP YOU PICK
WHICH OPPORTUNITIES ARE MOST
BENEFICIAL TO YOU.**



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