Purpose:
The purpose of this Action Guide is to learn more about the resources available to you through Career Services on campus.

Description:
Many students hear the words “career center” and think only of finding a job after graduation. However, Career Services at the U of M offers so much more to students! There are seven undergraduate career centers (see below) that offer a wide range of services to students from each college. Each center is staffed by professional career counselors or coaches that can help you with:

- Career exploration and decision-making
- Self-awareness through career assessments
- Resources for internship and job searching
- Informal interview to explore careers
- Developing resumes, cover letters, and interviewing skills
- Guiding through the graduate school application process

If you are feeling pretty certain about your major, or are down to exploring a few majors in your college, meeting with a career counselor or coach from your college’s career center can be a great next step to get you planning how this major will help prepare you for a variety of career paths. If you are still exploring a range of majors and careers, there are great resources on each career center’s website for you to explore.

Career classes are also offered to guide you through the career development process more broadly. These courses may also help with general job searching skills such as resume writing, interviewing, and networking.

Career Center for Science and Engineering (CSE)
105 Lind Hall
[http://cse.umn.edu/r/career-center/](http://cse.umn.edu/r/career-center/)

Career and Internship Services (CCE, CDes, CFANS)
198 McNeal Hall (St. Paul)
411 STSS (Minneapolis)
[www.careerhelp.umn.edu](http://www.careerhelp.umn.edu)

CBS Student Services (CBS)
3-104 MCB
[https://www.cbs.umn.edu/learn/undergraduates/students/academic-advising/careersupport](https://www.cbs.umn.edu/learn/undergraduates/students/academic-advising/careersupport)

CEHD Career Services (CEHD)
360 Education Sciences Building
[http://www.cehd.umn.edu/career/default.html](http://www.cehd.umn.edu/career/default.html)

CLA Career Services (CLA)
411 STSS
[https://cla.umn.edu/student-services-advising/career-internship-services](https://cla.umn.edu/student-services-advising/career-internship-services)

Health Careers Center
(Serves all U of M students interested in health careers)
2-565 Moos Tower
[www.healthcareers.umn.edu](http://www.healthcareers.umn.edu)

Undergraduate Business Career Center (CSOM)
2-190 Hanson Hall
[http://carlsonschool.umn.edu/degrees/undergraduate/career](http://carlsonschool.umn.edu/degrees/undergraduate/career)
Directions:

Visit the website for the career center that fits the majors you are most interested in at this time:

1. Explore the services and resources available to students. Look for major and career exploration resources, including “What can I do with a major in….” sections that give examples of careers graduates have pursued and the kinds of skills they build while studying in their major.
2. Check out any career courses that might be offered (a comprehensive list of all career courses can be found here: http://www.career.umn.edu/career_courses.html).
3. Look for any upcoming events such as Career Fairs, networking events, or workshops.

If you are exploring majors within your current college, stop by your college’s career center to check out their space. Most career centers have a resource center with books and handouts related to career exploration. You can also see if your career center has drop-in hours where you can ask some quick questions to get started on more in-depth career exploration.

Reflection Prompts

- What did you learn from exploring the resources through the career services websites?
- What careers (if any) are you most interested in at this time? How do these careers relate to some of the majors that you are considering?
- What career courses or events did you learn about? How might signing up for these help you in your process of deciding on a major?
- What is the next step in your major exploration based on what you have learned?