



Exploration Activities

Circle, write down, and brainstorm what you've done for each category of activities. Don't be afraid to think ahead as well. Exploration involves the important steps of reflection & processing. Bring this with you as you meet with members of your support network at KU.

Support Network

Fill the area below with your personal network.
Who are your people? Who supports you?

My Advisor

My Instructors

My Career Coach

Who else?

UNIV 101
UNIV 120
EPSY 310

First Year Seminar
Learning Communities
Exploratory Classes

What did you learn?

Involvement

Join Student Organizations
Alternative Breaks
Campus Events
Study Abroad

KU Alumni Mentoring
Volunteering - Shadowing
Internships - Employment
Informational Interviews - Research

HawkQuest!
Rank your results. <http://career.ku.edu/hawkquest>

Self Assessment

1
2
3
4
5

Career
Communities Quiz,
UCC worksheets,
& Career
Assessments

Online Resources

Circle all that
you've used!

Academic Catalog

Schedule of Classes

Study Abroad website

Departmental
Websites

Degree Progress
Reports

KU Mentoring