

SELF-EXPLORATION ACTIVITY SHEET

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Office of Academic Advising and Student Success

| Action Item | Status (Mark if completed) | Notes: |
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| Identifying what you love | | |
| List 2-3 hobbies/extracurriculars that you enjoy | <input type="checkbox"/> | Number of characters? Maybe 300? |
| List 3-4 classes or fields that interest you (intellectually, professionally, personally, etc.) | <input type="checkbox"/> | |
| List 2-3 activities you will engage in to identify other potential interests (courses to take, internships, etc.) | <input type="checkbox"/> | |
| Take a personality test | <input type="checkbox"/> | |
| Based on the above activities, list out potential fields/careers you could pursue <i>Note: This is not a finalized list as you're just brainstorming!</i> | <input type="checkbox"/> | |
| Identifying what you are good at | | |
| List 2-3 skills/tasks you perform particularly well | <input type="checkbox"/> | |
| List 2 -3 skills/areas that you would like to develop/strengthen | <input type="checkbox"/> | |
| List 3-4 activities (academic/non-academic) that can help you strengthen/develop the skills mentioned above | <input type="checkbox"/> | |
| Conduct research to understand what the market needs (review career exploration handouts, meet relevant | <input type="checkbox"/> | |

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| professionals in fields you are interested in, meet career counselors, etc.) | | |
| Based on the above activities, add/refine your list of potential fields/careers you could pursue (note: this is not a finalized list! It's just brainstorming) | <input type="checkbox"/> | |

Determining what the world needs

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| Conduct market research to identify in-demand careers and list 3-4 that you are interested in (e.g. online research, talk to alumni/industry experts, career counsellors, etc.) | <input type="checkbox"/> | |
| For each of the careers that you shortlisted above, list 2-3 skills that are required | <input type="checkbox"/> | |
| List classes that you enjoyed and then for each of these classes, list 2-3 practical learning outcomes (e.g. English courses strengthen communication skills, critical thinking, etc. – relevant for careers in marketing or journalism, etc.) | <input type="checkbox"/> | |
| Where are most of the jobs located for the careers of your interest? | <input type="checkbox"/> | |
| Based on the above activities, add/refine your list of potential fields/careers you could pursue (note: this is not a finalized list! It's just brainstorming) | <input type="checkbox"/> | |

Other Considerations

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| List 2-3 activities you can pursue to explore work experience opportunities | <input type="checkbox"/> | |
| List 2 to 3 lifestyles or work preferences you might have when exploring the world of work | <input type="checkbox"/> | |

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| <p>If there are any job experiences/environments/requirements that you want to avoid (e.g. travel, relocation, etc.) then list them</p> | <input type="checkbox"/> | |
| <p>Based on the above activities, add/refine your list of potential fields/careers you could pursue (note: this is not a finalized list! Its just brainstorming)</p> | <input type="checkbox"/> | |

Decision-making with university support staff/faculty

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| <p>Revisit your potential career list and reflect on the activities/processes outlined in previous sections – map out any concerns/confusions you have</p> | <input type="checkbox"/> | |
| <p>Out of the concerns mapped above, consider 2-3 (or more) academics-related questions/concerns that you think you can ask your academic advisors</p> | <input type="checkbox"/> | |
| <p>Out of the concerns mapped above, consider 2-3 (or more) career-exploration related questions/concerns that you think you can ask your career counsellors</p> | <input type="checkbox"/> | |
| <p>List 2-3 faculty members that you think you can reach out to for relevant concerns</p> | <input type="checkbox"/> | |
| <p>Based on the above activities, add/refine your list of potential fields/careers you could pursue (note: this is not a finalized list! Its just brainstorming)</p> | <input type="checkbox"/> | |

Decision-making with family and friends

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| <p>List 2-3 family members/peers that value or influence your academic/future decisions and in what way (e.g. people who are in your field of interest, or those who are</p> | <input type="checkbox"/> | |
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| involved in your decision-making process) | | |
| List 1-3 ways in which your family/peers can support you in your decision-making | <input type="checkbox"/> | |
| Map out how to share key takeaways of your self exploration and career shortlisting process with your parents/family – list 2-3 possible questions/scenarios that may arise and your responses | <input type="checkbox"/> | |
| Based on the above activities, add/refine your list of potential fields/careers you could pursue (note: this is not a finalized list! Its just brainstorming) | <input type="checkbox"/> | |

Backup Planning

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| Refer to the list of potential careers you have been compiling through the activities in this handout – order these by preference .and discuss these with your career counselors | <input type="checkbox"/> | |
| Refer to your shortlisted careers, and map out academic/non-academic activities that will help you enter/succeed in the fields | <input type="checkbox"/> | |
| For each of these activities, list 1-3 potential back-ups (e.g. other relevant courses, alternative internships, etc.) | <input type="checkbox"/> | |
| List any concerns/confusions you may have about options available to you and discuss these with relevant advisors/career counsellors | <input type="checkbox"/> | |

Deciding what to study in LUMS

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| List 2-3 resources that can help you with choosing a major and in what way | <input type="checkbox"/> | |
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| If you want to pursue any minor list 1-2 resources that can help you with decision making | <input type="checkbox"/> | |
| If you are planning on changing your major, list 2-3 questions that you should ask your Academic Advisors to help you with the decision making | <input type="checkbox"/> | |

Making the most of your major at LUMS

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| List 2-3 extracurricular activities that you can take part in to make the most of your major (refer above for ideas) | <input type="checkbox"/> | |
| List 2-3 questions that you should ask Career Services Office (CSO) to help you with career planing | <input type="checkbox"/> | |

Identifying why your Major/Career is not a good fit

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| List 2-3 reasons why your major does not seem to be a good fit for you and discuss them with your academic advisor | <input type="checkbox"/> | |
| List 2-3 reasons why your internship/work experience did not seem to be a good fit for you and discuss them with your career counselor | <input type="checkbox"/> | |

What to do if your Major is not a good fit

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| If you are planning to change majors, for the desired major/school, make a list of all transfer requirements | <input type="checkbox"/> | |
| For the requirements listed above, do you fulfill them and if not, list 2-3 ways you can fulfill them | <input type="checkbox"/> | |
| List 2-3 activities you can pursue to make the most of your current "sub-optimal" major | <input type="checkbox"/> | |

What to do if your Career is not a good fit

Note: For fresh graduates and other senior LUMS alumni

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| List 2-3 careers/field that you are planning to transition to | <input type="checkbox"/> | |
| For each of the careers listed above, list 2-3 skills that overlap and 2-3 skills that you may need to develop | <input type="checkbox"/> | |
| For each of the careers listed above, list 2-3 people in the industry that you can talk to for guidance | <input type="checkbox"/> | |

Struggling with Self-Exploration?

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| Make a list of 2-3 SMART short-term academic goals for the current/next academic semester and discuss them with your academic advisor | <input type="checkbox"/> | |
| List 2-3 reasons why you seem to be struggling with the self-exploration process and discuss them with relevant university support staff | <input type="checkbox"/> | |
