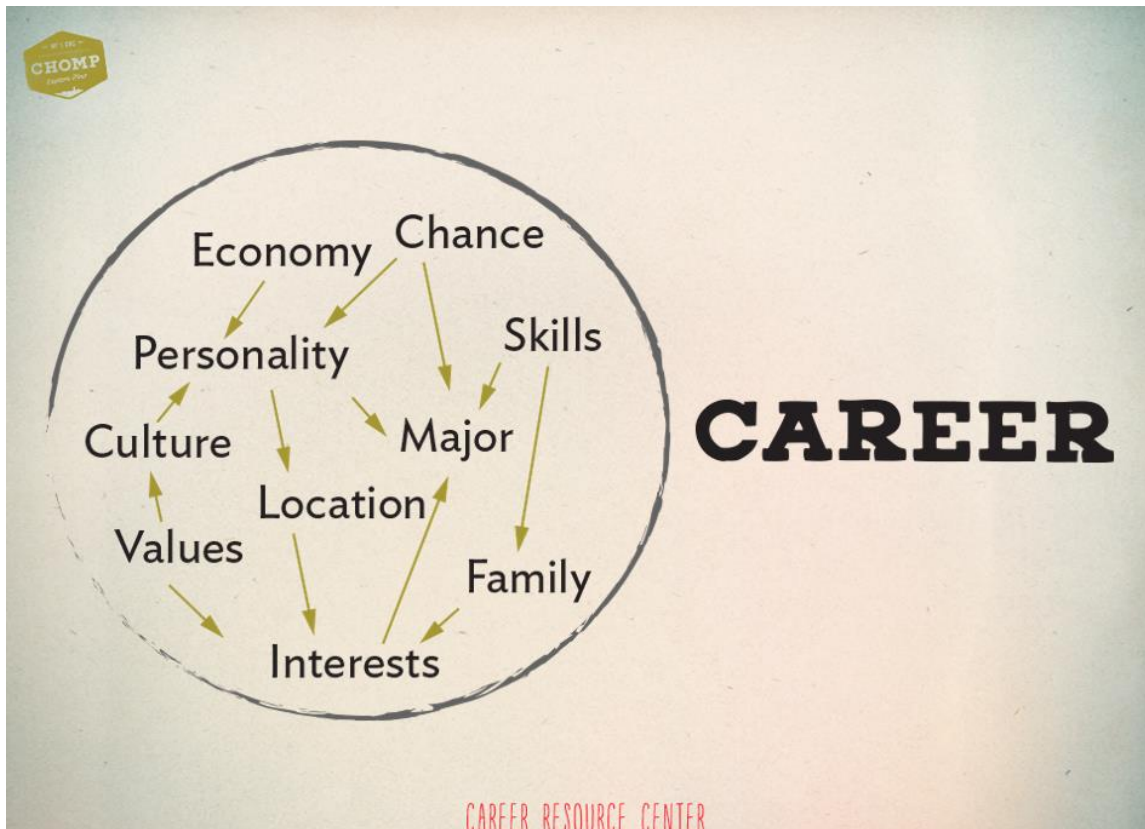


CHOMP Career Exploration Tool



Landing Page



Video Screenshots

CHOMP Career Exploration Tool

CAREER RESOURCE CENTER

CHOMP *Explore Yourself*

WONDERING MAP

Instructions

1ST Take a sheet of blank paper and write your name in the center of the page.


2ND Reflect on past experiences that are meaningful to you. Feel free to include memories from your childhood. Some examples are heroes, past jobs, classes you enjoy, hobbies, places you visited or lived, interests, family heritage/culture, books, adventures, creative projects, etc.

3RD Write down what comes to mind anywhere on the paper like in the example provided below. Keep it short and do not bother organizing your thoughts yet.

The diagram shows a central circle labeled "YOUR NAME". Surrounding it are 15 other circles, each containing a different experience or interest. The circles are arranged in a roughly circular pattern around the center.

- Boy Scout fund-raiser
- HS Class President
- Dad's law firm
- Fast food job
- Basketball
- Psychology class
- Major in Finance
- Wrote 4th grade play
- Piano Lessons
- Rafting
- Kayaking
- Creative writing class
- Blog
- Dog fetch
- Volunteer animal shelter
- HS paper

CHOMP Career Exploration Tool




UF | CAREER RESOURCE CENTER

POSSIBLE LIVES

A Possible Lives Map is a way to help you investigate potential careers that you may want to explore. This activity will guide you in setting priorities for moving forward.

Adapted from: Brooks, K. (2009). *You Majored in What? Mapping Your Path from Chaos to Career*. New York: Penguin Group

STEP 3



1ST Take a sheet of blank paper and write your name in the center of the page.

2ND Brainstorm career opportunities that interest you. Write down occupations you have considered or dreamed about in no particular order. You may also want to include some of the careers that the MyPlan assessment suggested. Don't limit yourself at this point.

3RD Draw a line connecting each occupation to your name.



4TH Take a closer look at your map. Which occupations would you like to explore further? For each one, think about steps you can take to help you move towards this occupation. You may not be able to identify every detail at this point; this is just an initial brainstorming.

Reflection Activity