



Olinde Career Center

MAJOR & CAREER EXPLORATION GUIDE

SEIZE YOUR POTENTIAL

We assist students and alumni in choosing careers, obtaining career-related work experiences, developing job search skills, and securing employment or admission to graduate or professional school.

lsu.edu/career

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Why use this?

Choosing a major or career can feel overwhelming, but you don't have to figure it out all at once. This guide helps you **reflect on your interests, values, and strengths** so you can **explore options that fit you**. Whether you're undecided or rethinking your path, this is a step toward making **confident, informed choices**.

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INTRODUCTION

HOW TO USE THIS GUIDE

1. EXPLORE YOU

First, start by identifying your values, interests, and strengths to build a strong foundation for decision-making.

2. EXPLORE ACADEMICS

Second, dive into the majors that match your interests. Research majors, connect with advisors or faculty, and explore how your interests align with academic paths.

3. EXPLORE CAREERS

Third, connect your self-awareness and academic interests to the world of work. Use online tools, conduct informational interviews, and explore career options that match your goals and strengths.

GEAUX!

START HERE

Begin your exploration by taking the Focus 2 assessment. This tool helps you **identify your interests, values, personality, and skills**. It can **suggest career paths and majors** that align with who you are, giving you a solid starting point for making informed decisions about your future.

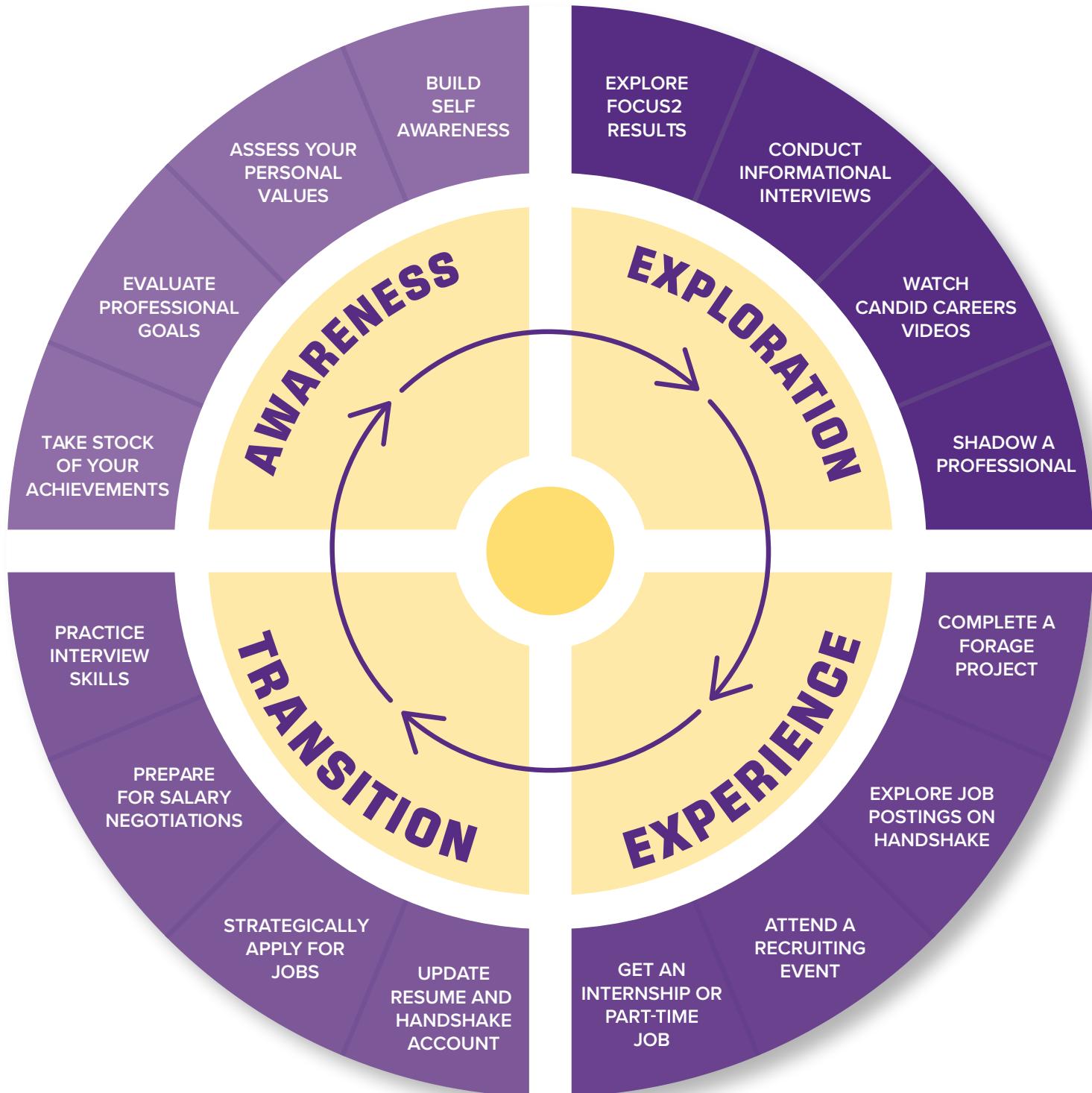
Complete all five sections prior to starting this guide.

Use the access code "tigers" and your LSU email address. Your results will be stored in the online Student Portfolio.

**TAKE THE
ASSESSMENT:
FOCUS 2 ASSESSMENT**

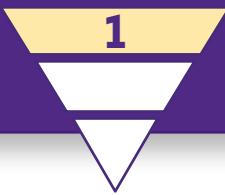
THE CAREER CYCLE

Your career journey isn't a step-by-step guide. It's a path that looks different for everyone. At every stage, you are learning and experiencing more **about yourself** and **what excites you** in life. The goal isn't to have everything figured out, but to **keep learning** and moving forward with **curiosity and purpose**. The Career Cycle illustrates how this journey may unfold over time.



EXPLORE YOU

YOUR FOUNDATION



Self Assessment

Take a moment to reflect on who you are. Identifying your interests, strengths, and preferences will help guide your academic and career choices with intention.

MAJORS OF INTEREST

PERSONAL INTERESTS

SKILLS

HOBBIES

Focus 2 Assessment Results

Use this space to record your Focus 2 results. These insights provide a personalized snapshot of your interests, personality, and skills to support your exploration journey.

WORK INTEREST ASSESSMENT

PERSONALITY ASSESSMENT

SKILLS ASSESSMENT

EXPLORE YOU

YOUR VALUES

1

Values Exercise

Understanding what you value can help you make better career decisions. This exercise will guide you in identifying the qualities that matter most to you in a job, such as independence, pace, security, or creativity.

By recognizing your top values, you can choose a career path that aligns with who you are and what you want out of your work life. Take your time with this activity and be honest with yourself as you reflect.

1. Not important to me at all

2. Not very important to me

3. Reasonably important to me

4. Very important to me

WORK VALUES

Change and Variety: Have work responsibilities which frequently change in their content and setting.

1 2 3 4

Help Others: Be involved in helping other people in a direct way, either individually or in small groups.

1 2 3 4

Public Contact: Have a lot of day-to-day contact with people.

1 2 3 4

Work with Others: Have close working relationships with a group; work as a team toward common goals.

1 2 3 4

Supervision: Have a career in which I am directly responsible for the work done by others.

1 2 3 4

Security: Be assured of keeping my job and a reasonable financial reward.

1 2 3 4

Make Decisions: Have the power to decide courses of action, policies, strategy, overall direction, procedures, etc.

1 2 3 4

Work Under Pressure: Work in situations where time pressure is prevalent and/or supervisors judge critically the quality of my work.

1 2 3 4

Fast Pace: Work in circumstances where there is a high pace of activity, work must be done rapidly.

1 2 3 4

Excitement: Experience a high degree of (or frequent) excitement in the course of my work.

1 2 3 4

Independence: Be able to determine the nature of my work without significant direction from others; have autonomy over my actions.

1 2 3 4

EXPLORE YOU

1

WORK VALUES, CONTINUED

Moral Fulfillment: Feel that my work is contributing significantly to a set of moral standards which I value as very important.

1 2 3 4

Creativity: Create new ideas, programs, organizational structures, not following a format other's previously developed.

1 2 3 4

Location: Find a place to live (town, geographical area) which is conducive to my lifestyle and affords the opportunity to do the things I enjoy most.

1 2 3 4

Work Alone: Do projects by myself, without any significant amount of contact with others.

1 2 3 4

Knowledge: Engage myself in the pursuit of knowledge, truth and understanding.

1 2 3 4

Values Exercise Results

Choose your top five work values and rank them in order of importance. A smaller, focused list helps you stay clear on what matters most when exploring majors and careers. This makes it easier to find a path that fits your goals and leads to lasting job satisfaction.

1. _____
2. _____
3. _____
4. _____
5. _____

Values from Focus 2

Refer back to your results from the Focus 2 assessment. In the space below, write your top three values from the assessment. Make note of any similarities between these values and the ones above.

1. _____
2. _____
3. _____

EXPLORE YOU

REFLECTION

Self-Reflection Exercise

Self reflection allows you to **identify and organize ideas** that can guide your major exploration process. Since exploration is unique to each individual, a helpful first step is to recognize the **experiences, values, people, places, hobbies, and skills** important to you. Look for ways these areas might relate to one another.

As you reflect, consider the following questions to deepen your understanding:

What majors of interest align with the subjects or topics you enjoy learning about most?

How do your personal interests influence your academic or career goals?

What skills and hobbies do you enjoy that could translate into a potential career path?

Which values are most important to you when thinking about your future work or lifestyle?

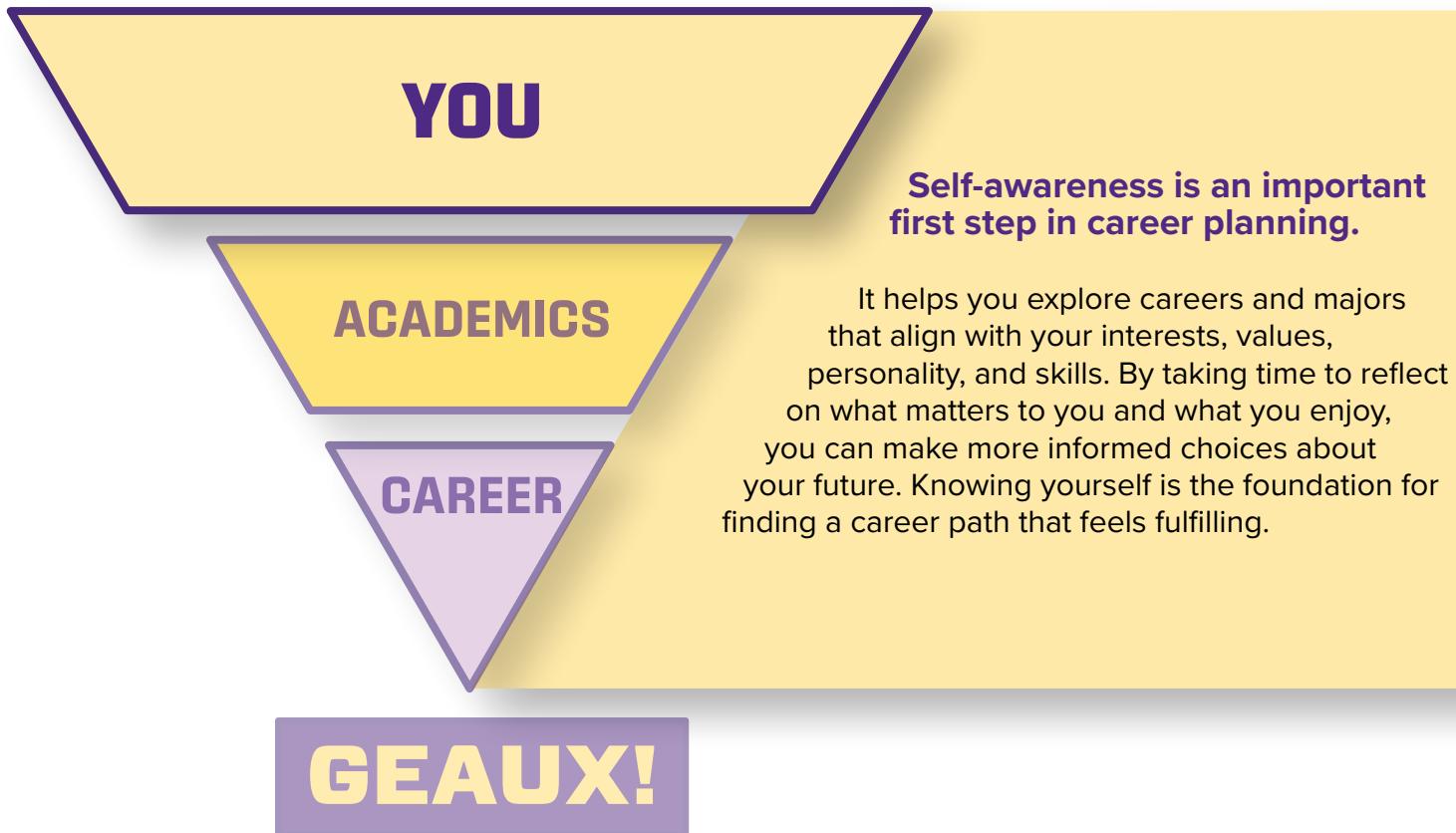
How does your personality shape the way you like to work, learn, or interact with others?

How do your personal interests, values, skills, and personality connect with the career paths typically associated with the majors you're considering? Are there any surprising connections or gaps you noticed during these activities?

EXPLORE YOU

1

EXPLORATION SUMMARY



BRING IT ALL TOGETHER

Now that you've reflected on your values, interests, and skills – which majors stand out to you? List your top three potential majors below. What questions do you still have or what do you need to learn about these options?

MAJOR 1:

MAJOR 2:

MAJOR 3:

EXPLORE ACADEMICS

2

RESEARCH MAJORS OF INTEREST

Individual Research

Take time to research each major you're considering.

Most academic programs have websites that outline key details, such as required courses, potential career paths, and opportunities for hands-on experience like internships or research projects. Be sure to check out the **course catalog** as well. Reviewing each major's offered courses will give you a clearer picture of what you'll be studying, how rigorous the program may be, and which subjects it emphasizes.

All of these factors can help you decide which major is the **right fit for you**. Use the questions on the following page to guide the comparison of your top three majors.

LSU Course Catalog

The LSU course catalog helps you explore majors by outlining required courses. It's a great tool to see if a major fits your interests and goals.

LSU Majors by Interest

The LSU Majors by Interest resource helps you explore programs based on your career interests. It's a useful tool to see which majors align with your goals and passions.

Talk to Academic Advisors and Faculty

Talk with academic advisors and faculty for your chosen majors. These on-campus experts can help you **understand the specifics** of the major, the **skills** you will learn, and how it fits into your **long-term goals**.

You can ask them about **opportunities** within the major including internships, research opportunities, or clubs that could help you learn more and gain **hands-on experience**.



" Remember: choosing a major is not about finding the perfect fit right away. It is about exploring and learning what excites you. Trust the process and know that your path will evolve as you discover more about your strengths and passions. **"**

– *Career Coach*

EXPLORE ACADEMICS

2

Majors of Interest Reflection Activity

Use this activity to explore each of your top major choices in more detail. Consider what excites you, what challenges might come up, and what you still want to learn as you narrow your focus.

MAJOR ONE:

Special Course Requirements: _____

Special opportunities affiliated with major: _____

Courses of interest offered in this major: _____

Potential obstacles within major: _____

Questions you still have about this major: _____

MAJOR TWO:

Special Course Requirements: _____

Special opportunities affiliated with major: _____

Courses of interest offered in this major: _____

Potential obstacles within major: _____

Questions you still have about this major: _____

MAJOR THREE:

Special Course Requirements: _____

Special opportunities affiliated with major: _____

Courses of interest offered in this major: _____

Potential obstacles within major: _____

Questions you still have about this major: _____

Major of Interest Research Exercise

Understanding your college major is crucial for making informed career decisions. **What Can I Do With This Major** offers major profiles and outlines career paths, employers, and strategies to maximize opportunities. Each profile also includes links to professional associations, job outlooks, and job search resources. This resource can help you **draw a connection between your majors of interest and the careers and jobs** available after graduation.



What Can I Do With This Major?

See how your interests connect to real-world career paths, employers, and opportunities.

Use the space below to note anything interesting, surprising, or worth exploring further.

EXPLORE ACADEMICS

2

EXPLORATION SUMMARY

YOU

ACADEMICS

CAREER

GEAUX!

Exploring your academic interests is a key part of choosing a major.

Learning about course requirements, opportunities, and career paths can help you see how each major connects to your goals. Reflecting on the classes that interest or challenge you can guide your decision. With this knowledge, you're more prepared to choose a major that fits your strengths and supports your future success.

BRING IT ALL TOGETHER

Once you've selected the major that interests you most, list a few careers related to that field. Exploring potential career paths can help you better understand where your major might lead and how it aligns with your interests and goals.

THE MAJOR YOU ARE PURSUING:

CAREER OPTION 1:

CAREER OPTION 2:

CAREER OPTION 3:

EXPLORE CAREERS

3

RESOURCES

Online Tools to Guide Your Search

From data-driven tools to video interviews and professional profiles, these resources help you take a closer look at your future options. Keep your Focus2 results in mind to take a deeper dive.



O*NET

O*NET is a free resource from the U.S. Department of Labor that offers detailed information on hundreds of careers. Explore **job descriptions, required skills, workplace values, salary data, and employment trends** to help narrow down your career options. Access it at onetonline.org.



Occupational Outlook Handbook (OOH)

The OOH can help you find career information on **job duties, education, training, pay, and future outlook** for hundreds of occupations. Access this resource at bls.gov/ooh/.



Candid Career

Gain access to career advice from industry professionals, and see it all on video! Candid Career features **informational interviews** to help you discover and explore your many career options. In addition, **"how-to" videos** on important job search topics such as **resume writing and interviewing** can help you prepare to land your next job. Access this resource at lsu.candidcareer.com.

LinkedIn

LinkedIn is a useful resource for researching potential career options. **Get started:**



- Go to the **LSU LinkedIn page alumni tab** to see where LSU alumni have gone on to work after college. You can filter by geographic location, company, and major!
- Use the search box to **search for different companies** and see what they post on their company LinkedIn page. From the company page, you'll also be able to see which alumni from LSU work for that organization.
- Join **groups on LinkedIn** to be connected to professionals within your field and the current conversations. The more groups you join, the more access you have to information.
- See someone with your dream job? **Check out their profile** to see their work history, educational credentials, and more. This helps you to make informed choices about how to pursue a similar career.

EXPLORE CAREERS

3

USING A.I. IN THE EXPLORATION PROCESS

Understanding A.I.

A.I. can help you explore career paths more efficiently by generating ideas, summarizing job information, and connecting your interests to potential fields, all in a personalized, easy-to-understand way. Use these tools to find information about job titles, skills, salaries, and trends.

Student: Act as a career coach. I'm pursuing a degree in sociology and am interested in making a difference in my community. What career paths should I consider?

Artificial Intelligence: With a sociology degree and interest in community service, here are top career paths to consider:



Nonprofit & Community Organizations – Work with local issues and grassroots change.

Social Services & Public Welfare – Hands-on and high impact support for the community.

Public Policy & Government – Drive change within the system.

Education & Outreach – Empower others through knowledge.

Advocacy & Justice Work – Promote support and healing through systemic reform.

Your next steps: explore these career paths further through research, conversations with professionals, and hands-on experiences that align with your values and goals.



SUGGESTED A.I. PROMPTS

- What organizations and activities are available and/or affiliated with this major?
- What competencies and skills will I gain in this major?
- What are some typical internships or experiences associated with this major?
- What kinds of careers do students in this major typically pursue?
- How does this major prepare students for graduate or professional school?

BE CAUTIOUS

A.I. tools can be helpful for exploring career ideas, but they are **not always accurate or current**. It is important to **double-check the information** you find, especially salary data, job outlook, and education requirements. Use trusted sources like the Occupational Outlook Handbook or talk to a career coach. Think of A.I. as a starting point, not your only resource.



EXPLORE CAREERS



INFORMATIONAL INTERVIEWS

What Is An Informational Interview?

An informational interview allows you to seek advice from people who are a few steps ahead of you. It is an opportunity to learn more about an industry you are interested in, speak with professionals in the field, and gain better insight into a company or organization from someone with firsthand experience, in-person or virtually.

Networking

Your network includes anyone who might offer insight, advice, or connections—friends, family, professors, supervisors, classmates, and more. Start by identifying who you already know, especially those in fields you’re interested in. Then, think about who you could add to your network to expand your career exploration opportunities.

WHO'S IN MY NETWORK?

WHO'S IN MY NETWORK IN AN INDUSTRY I AM INTERESTED IN?

WHO CAN I ADD TO MY NETWORK?

Setting Up Your Informational Interview

Reaching out for an informational interview is a great way to learn about a career path directly from someone in your network. A professional, polite email can help you make a strong first impression and open the door to valuable insights and advice.

New Message X

To: _____

Subject: _____

Hi “**name of contact**”,

I hope you’re doing well! My name is Mike Tiger and I’m in the process of exploring a career in **XYZ**. My career coach suggested that I reach out because you are an LSU alum working in the field of **XYZ**. I’d love to set up a conversation with you to learn more about the work you do, and the path you’ve taken after graduating from LSU. If you have suggestions of other professionals I can reach out to, I’d welcome the opportunity to add them to my network.

I appreciate your time and look forward to hearing from you soon.

Best,
Mike Tiger

SEND

EXPLORE CAREERS

3

Sample Informational Interviewing Questions

Although informational interviews are relaxed, it's important to focus on your goal and plan ahead of time to gather the information you're looking for. Research about the organization will make your questions more informed—and demonstrate your enthusiasm. Below are some sample areas to cover.

QUESTIONS ABOUT THE JOB

- What kinds of tasks do you do on a typical day or in a typical week?
- What do you like best about this job? What excites you most about this job?
- What are some of the more difficult or frustrating parts of this career?
- I really like doing _____. Do you have an opportunity to do that type of work in this career?
- What characteristics does a person in this job need to have?
- Do you usually work independently or as part of a team?
- What types of decisions do you make in this job?
- How does your work fit into the mission of the organization?
- What types of advancement opportunities are available for an entry-level worker in this career?

QUESTIONS ABOUT WORKING CONDITIONS

- What kind of hours do you work? Is your schedule flexible or set?
- Does this career include or require travel?
- Are there any health concerns associated with your career?

QUESTIONS ABOUT PREPARING FOR THIS CAREER

- How did you prepare for this career?
- What qualities should a person have to be in this field?
- Do you have any advice on how to prepare for this type of career?
- What type of entry-level job offers the most learning opportunities?
- Do you know anyone in this career who has my level of education or my type of experience?
- What suggestions do you have for someone entering your line of work?

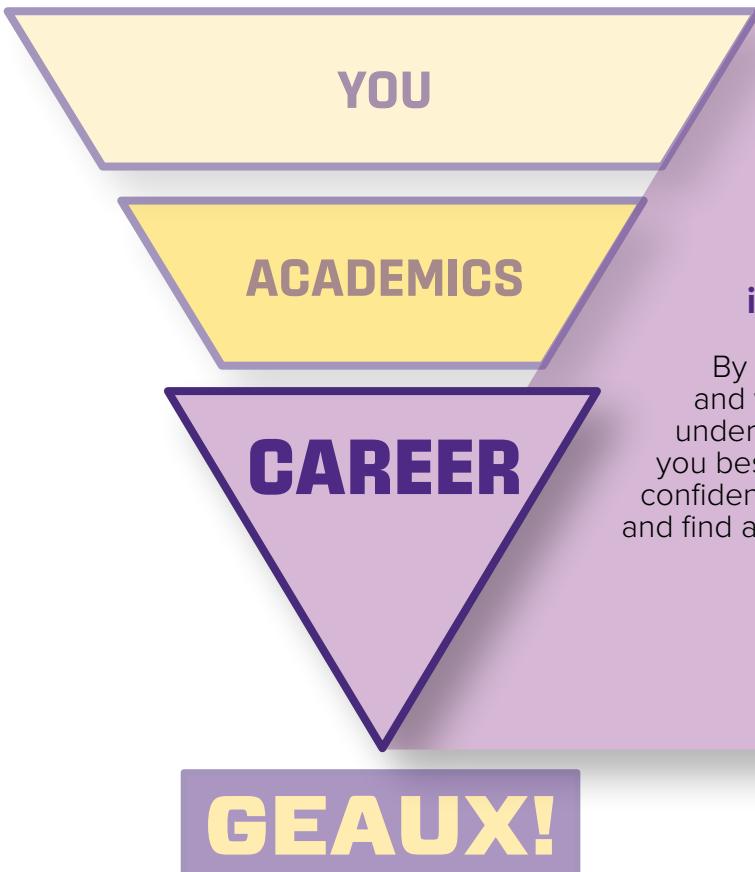
QUESTIONS ABOUT OTHER CAREERS AND CONTACTS

- Do you know of any similar careers that also use _____ or involve _____?
- I know that people in this career specialize in _____ and _____. Do you know of any other specialties?
- Can you suggest anyone else I could ask for information? May I tell them that you have referred me?

EXPLORE CAREERS

3

EXPLORATION SUMMARY



Exploring careers helps you discover the many paths your interests and skills can lead to.

By researching different roles, industries, and work environments, you gain a clearer understanding of what to expect and what fits you best. Taking time to explore helps you make confident, informed choices about your future career and find a path that's rewarding and meaningful.

BRING IT ALL TOGETHER

You've gathered valuable information about careers that interest you. Now it's time to reflect on what you already know, identify what questions remain, and capture new insights you've gained. This reflection will help you focus your next steps and continue moving forward with confidence in your career journey.

WHAT DO I ALREADY KNOW?

WHAT DO I NEED TO KNOW?

WHAT HAVE I LEARNED?

GEAUX EXPERIENCE

EXPLORE YOU

EXPLORE ACADEMICS

EXPLORE CAREERS

GEAUX!

Now, turn your exploration into action.

After learning about yourself, your academic options, and potential careers, gaining real-world experience will help you confirm if a major or career path is the right fit.

Hands-on opportunities help you develop valuable skills and deepen your understanding of what fits you best, giving you the clarity and confidence to take your next steps forward.

Taking this step lets you transform your exploration into meaningful progress toward your future.

How does experience help?

PART-TIME JOBS & VOLUNTEER

- Build **career readiness skills** while earning a paycheck.
- Identify and test your **professional values**.
- Explore **interests and career options** by volunteering at an alternative spring break, nonprofit agency, or campus event like **LSU Geaux Big**.
- Make a **difference in your community** while gaining useful experience.

ON-CAMPUS JOBS & RESEARCH

- Translate academic knowledge to practical application through **undergraduate research**.
- Build an **on-campus professional network** to use in your exploration.
- Connect with **faculty and staff** in potential career fields.
- Build confidence in your abilities and direction through **hands-on learning and feedback**.

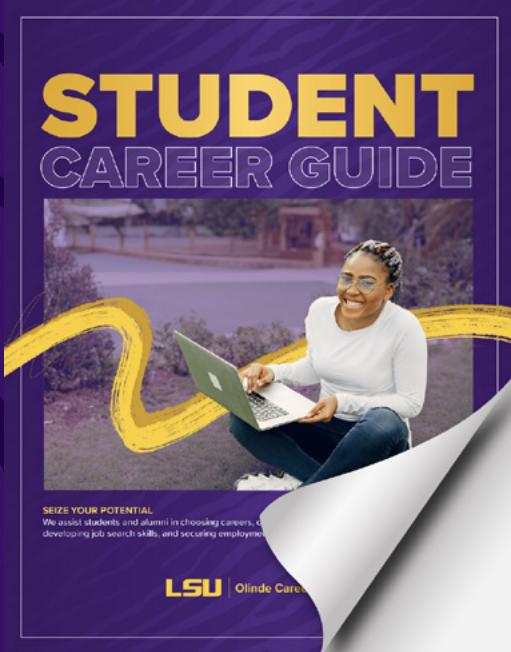
INTERNSHIPS & CO-OPS

- Gain a first-hand view of a **professional's daily duties** and have the opportunity to become competitive in the field.
- Continue to expand your **professional network**.
- Learn about **company culture** and professional expectations.
- Gain **academic credit** or work toward professional licensure.

EXTRACURRICULARS

- Explore **personal interests** and **passions**.
- Experience other cultures, gain self-awareness, and build intercultural knowledge by **studying abroad**.
- Gain confidence in your skills by serving as an officer in a **student organization**.
- Find a new **community on campus** with other students exploring their interests.

LOOKING FOR MORE?



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158 LSU Student Union | 225-578-2162 | career@lsu.edu | lsu.edu/career