Take a self-assessment online.
What are your interests? Personality? Skills? Values? If you’re not sure, use a tool like FOCUS to answer questions and see your results.

Explore the Career Guide to JMU Majors.
The Career Guide to JMU Majors lists career fields that recent graduates have pursued, possible employers, internships, and links to learn more.

Research job titles and industries.
Tools like Vault, O*Net, and the Occupational Outlook Handbook provide quick snapshots of hundreds of professions to identify what might be a good fit for you. You can learn more about what a typical day looks like, the work environment, whether graduate school is needed, salary ranges, how stable the field is, and more.

Enroll in our course.
UNST 102 is a 1-credit course that offers interactive activities and reflection to help you make an informed decision about your major and career.

Connect with alumni and other professionals in the field.
- Find James Madison University on LinkedIn, and click “Alumni.” Filter JMU alumni by what they studied or what they do, then reach out to learn more about their profession.
- Join and post career questions to the JMU Alumni Association group on LinkedIn too.
- Read sample informational interviewing questions on our website.

Get job shadowing or internship experience.
Confirm your interests and gain hands-on experience in a real world setting, through internships, job shadowing, leadership positions, or research.

Schedule an appointment.
Make an appointment with our career advisors.