

Exploring Majors: Action Plan

#1 Explore Self–Knowledge — Who are you?

Action: Take assessments and explore your values, interests, talents, skills, abilities and personality

_____ **CAREER CENTER (940) 565-2051, CHESTNUT HALL 103, CAREERCENTER@UNT.EDU**

MyPlan.com Assessment: A free, computer-based test that helps students assess your skills, interests, personality and values. <http://studentaffairs.unt.edu/career-center/my-plan>

Choices Planner: A free, computer-based program that has assessments of your interests, work values, and work skills. Contact the Career Center for a password to enter the system. <https://access.bridges.com/>

_____ **UCRS 2100: CAREER DEVELOPMENT COURSE**

Register for this 1 hour, Pass/No Pass elective which offers MBTI Assessment and Strong Interest Inventory. You will also explore your values, skills, and interests and gain exposure to a variety of careers.

_____ **COUNSELING AND TESTING SERVICES (940) 565-2741, CHESTNUT HALL, SUITE 311**

<http://studentaffairs.unt.edu/counseling-and-testing-services>

Offers Individual Career Counseling: one-on-one meeting to explore your career goals.

Offers MBTI Assessment: a personality assessment that examines basic differences in the ways individuals prefer to use their perception and judgment.

Offers Strong Interest Inventory: matches interests and preferences with career and educational choices

_____ **MY NEXT MOVE:** Research what you want to do for a living by keywords, industry areas or by taking a quiz self-assessment. <http://www.mynextmove.org/>

#2 Research Majors

Action: Use online and on-campus resources to search for major and career information

_____ **UNT MAJORS ACTIVITY:** Research available majors at UNT (see next page). advising.unt.edu/majors

_____ **UNT CATALOG** catalog.unt.edu: Review course descriptions and major requirements.

_____ **SEE MAJORS/CAREERS DEFINED:** <http://bigfuture.collegeboard.org/majors-careers>

_____ **ACADEMIC ADVISING OFFICES:** Connect to one of the UNT Advising Offices to learn more about courses, majors and requirements <http://advising.unt.edu>

#3 Research Careers

Action: Use online, on-campus, and personal resources to explore career options

_____ **WHAT CAN I DO WITH A MAJOR IN...?** <http://www.myplan.com/majors/what-to-do-with-a-major.php> and <http://whatcanidowiththismajor.com/major/majors/>

_____ **SEARCH EMPLOYERS BY MAJOR:**

<https://studentaffairs.unt.edu/career-center/students-and-alumni/explore-majors-and-careers/buzzfile>

_____ **O*NET:** Review skills, work environments, tasks, salary & education requirements for many occupations with O*NET Online. <http://www.onetonline.org/>

_____ **CAREER CENTER: (940) 565-2051, CHESTNUT HALL 103, CAREERCENTER@UNT.EDU**

Speak with a Career Center Career Development Specialist

Network: Connect with individuals actually employed in jobs you would like to have through the **Take Flight Job Shadow** program and the **UNT Mentor Match Database**.

_____ **INTERNSHIPS:** Get relevant experience in the field that you are studying through the internship or co-op program: <http://studentaffairs.unt.edu/internships-dev>

#4 Declare Your Major with your Advisor: advising.unt.edu

Action: Contact your major's advising office to find out how to declare your major and file a degree plan