

UTA Career Services

Helping your student save money and time!

Hundreds of students enter college knowing what they want to major in. In fewer than four years, the average student will change their major 3 times, thus increasing their overall time and expense.

We advise students to choose a career, not a major. Encourage your son or daughter to start planning for their career early! There are four steps to choosing a major:

Step 1 – Self Assessment

The **first** step in the process should be an examination or self-assessment of your interests. Ask your student what types of jobs or careers appeal to them? Encourage your student to contact Counseling Services (216 Davis Hall) to take tests available to help them answer some of these questions.

Step 2 – Examining Abilities

The **second** step is for your student to examine their abilities. They need to determine their strengths and weaknesses. They can begin by looking at courses they have taken in high school and college. What are their best subjects? Is there a pattern? What extracurricular activities do they like? What have they learned from previous jobs?

Step 3 – Examining Values

The **third** step involves examining what your son or daughter values. Examples of values include: helping society, working under pressure, group affiliation,



stability, security, status, working alone or with groups and many others. Again, your student should visit Counseling Services (216 Davis Hall) for values testing or inventories such as SIGI +.

Step 4 – Career Exploration

The **fourth** step is career exploration. UTA Career Services offers an on-line exploration, "What Can I do With This Major?" Go to <http://careers.uta.edu>.

Encourage your student to choose a major/career that will give them the skills that want. They should never base their decision on money, pressure from friends and relatives or to avoid classes they don't like.

Would you like to save time and money? By helping your student plan for a career, they can avoid the pitfalls of changing their major numerous times. They will decrease their overall time spent at the University and the overall expense.

Special points of interest:

- **Career Services**

216 Davis Hall

817-272-2932

[Http://careers.uta.edu](http://careers.uta.edu)

- **Counseling Services**

216 Davis Hall

817-272-3671

[Http://counseling.uta.edu](http://counseling.uta.edu)

Resources:

Choices CT—216 Davis Hall (Database contains info. on 675 occupations and descriptions for another 3,000.)

Career Reference Books – 216 Davis Hall

Career Services Website—Major Exploration.

<http://careers.uta.edu>
Click on Career Planning & Resources to access Major & Career Exploration!