Exploring Majors: A Large Group Approach

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Exploring Majors: A Large Group Approach

Kristin Ringe, M.A., LPC
Missy Eenigenburg, M.Ed., LPC
Katie Kroh, M.A., M.Ed.
Sli.do Question #1

What percentage of students do you think change their major at least once?

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Let’s view the results
Exploratory Students

Statistics

• 20-50% of students are “undecided” about their major upon entering college (Freedman, 2013)

• 75-80% of all college students will change their major at least once (Freedman, 2013; Straumsheim, 2016)
Exploratory Students

Reasons for Being Undecided or Changing Majors
(Gordan & Steele, 1992)

• Many students do not have a deep understanding of the majors that they initially choose or the options available to them.
• Interests change over time.
• Student’s initial choice is not a good academic fit.
• Denied admission to major of choice.
Student Development Theory

Baxter Magolda’s Theory of Self-Authorship
(Evans, Forney, Guido, Patton, & Renn, 2010)

- Individuals move through 4 phases on the path from *external* to *internal* self-definition
  - Phase 1: Following Formulas
  - Phase 2: Crossroads
  - Phase 3: Becoming the Author of One’s Life
  - Phase 4: Internal Foundation
Schlossberg’s Transition Theory
(Evans, Forney, Guido, Patton, & Renn, 2010)

- There are several types of “transitions” that can impact students’ development and decision making:
  - *Anticipated Transitions*: These are predictable events.
  - *Unanticipated Transitions*: These transitions are not expected by the student.
  - *Nonevents*: These are events that are expected but do not actually happen.
Basic Info about UNT

Largest university in North Texas region
Denton, TX

• Fall 2019 enrollment exceeded 39,000
• 105 bachelor’s degree programs (88 master’s/37 doctoral)
• Known as the Mean Green, but our mascot is Scrappy the Eagle
• Many national/internationally recognized programs (ex. Music)
• 12 Colleges/Schools, each with their own advising office (decentralized)
  – Over 100 Advisors
Recent History of UNT Exploring Majors

2010: Office of Exploring Majors

2013: Students must declare major

2015: Pre-Orientation Exploring Majors Workshop

2016-2019: Exploring Majors Breakout Session at Orientation & Advising Services Office Created
Exploring Majors Workshop at Orientation
2016-2019
Poll Questions:
Q1: What is your name and student ID number (or EUID)?

Q2: What brought you to this session?
   • I don’t know my major.
   • I want to know my options at UNT.
   • I have an idea of career but don’t know what major corresponds.
   • I have a couple questions about my major and/or career choice.
   • I was not interested in any other sessions.

Q3: How decided are you on your major?
   • Strongly
   • Somewhat
   • Completely undecided

Free response questions: Moderated by an advisor
What Brought You to this Session?

- I was not interested in any other sessions
- I have a couple questions about my major and/or career choice
- I have an idea of career by don't know what major corresponds
- I want to know my options at UNT
- I don't know my major

Years: 2019, 2018, 2017
How Decided are You on Your Major?

- **Completely Undecided**
  - 2019: 10%
  - 2018: 8%
  - 2017: 5%

- **Somewhat Decided**
  - 2019: 50%
  - 2018: 45%
  - 2017: 40%

- **Strongly Decided**
  - 2019: 40%
  - 2018: 35%
  - 2017: 40%

Year: 2019
What is Success for our Workshop?

• Helping students find a best fit major

• Retention of exploratory student
  • 2017-2018 Retention: 78.49%
    – From Workshop, Retention Rate: 75.15%
  • 2018-2019 Retention: 79.37%
    – From Workshop, Retention Rate: 77.79%

• Are exploratory students harder to retain? Literature still debates....
Exploring Your Major Options
at the University of North Texas
Engage with Us
www.sli.do
Code: 2023

• Go to www.sli.do
• Sign in using the first poll with Name and Student ID
• There are two other polls coming - stay tuned
• Ask questions and a live advisor will be responding
Today’s Agenda

• Major Misconceptions
• How to Explore Majors
• Majors Activity
• Advisor Q&A Panel
Major Misconceptions
Jobs of UNT Alumni...with what major?

- Crisis Intervention Specialist
- Senior Data Analyst
- Marketing Consultant
- Human Resources Manager
- Psychologist
- Manager of Digital Sales Design & Strategy

A. Marketing
B. Journalism
C. Computer Science
D. Psychology
E. Management
Jobs of UNT Alumni...with what major?

• Assistant Principal
• Epidemiologist
• Clinical Research Coordinator
• Medical Writer
• President, CEO

A. Biology
B. Technical Communication
C. Education
D. Public Health
E. History

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Major Misconception #1: Major = Career
Take the Next Poll

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Major Misconception #2:
Finish Your Core First, Explore Later
Major Misconception #3:
You can only choose one
Matteo Ongaro, class of 2020

Major: Hospitality Management
Minor: Italian

Career Goal: To be a General Manager for a luxury Italian hotel

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Josh Wueller, class of 2009

Majors: BA in Music
Minors: Spanish
Photography

Career:
- Graduated from Brooklyn Law School
- Interned at Sony Music Entertainment
- Worked with music copy writing law
- Currently Corporate Counsel for Newsday Media Group

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The Process

1. Explore Self-Knowledge
2. Research Majors
3. Research Careers
4. Decide on your Major
Explore Self-Knowledge
YOUR CAREER

Personality

Values

Skills

Interests
#1 Explore Self-Knowledge — Who are you?

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. 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. 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

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. studentaffairs.unt.edu/counseling-and-testing-services

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
Take the Final Poll; Ask Questions
Research Majors
#2 Research Majors

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

- **Explore All Majors With A General Advisor:** Advising Services (940) 565-3633, Sage Hall, Suite 110
  - [vpaa.unt.edu/advising/students/degrees/choosing](http://vpaa.unt.edu/advising/students/degrees/choosing)

- **UNT Majors Activity:** Research available majors at UNT (see next page).
  - [catalog.unt.edu](http://catalog.unt.edu)

- **UNT Catalog** [catalog.unt.edu](http://catalog.unt.edu): Review course descriptions and major requirements.

- **See Majors/Careers Defined:** [bigfuture.collegeboard.org/majors-careers](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 [advising.unt.edu](http://advising.unt.edu)
Advising Services provides academic counseling for undergraduate students who are exploring their major options.

Our academic counselors will help you:
- Understand and explore majors offered at UNT
- Evaluate your coursework into potential degree pathways
- Connect to campus resources
First Poll Back up to Sign in; Keep Asking Questions
Research Careers
Research Careers

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

_____ What Can I Do With A Major In...? myplan.com/careers; UNT.EDU/PAIS/INSERT/; HTTPS://CAREER.UTK.EDU/STUDENTS/EXPLORE/

_____ Search Employers By Major:
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: onetonline.org

_____ Career Center: (940) 565-2051, Chestnut Hall 103:
studentaffairs.unt.edu/career-center/students-and-alumni/career-advising
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: studentaffairs.unt.edu/career-center/employers/partnering/take-flight;

Internships: Get relevant experience in the field that you are studying through the internship or co-op program: studentaffairs.unt.edu/career-center/students-and-alumni/find-a-job-or-internship/internships
Decide on a Major
KEEP CALM AND TALK TO YOUR ADVISOR
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

Appointments.unt.edu
UNT Major Boot Camp

August 1\textsuperscript{st} 9am- 3pm | For more info email: freshman@unt.edu

Designed for freshmen students that left orientation unsure of their major selection.

Students will have the opportunity to:
• Review personality inventory results with a professional
• Research major options and potential careers
• Work with UNT staff to learn about changing their major
UNT Majors Activity

Explore Your Options & Confirm Your Major Choice

It’s always good to know what your options are. Take the time to read through each of these majors offered at UNT and draw a line through the majors that do not interest you. If you are not sure what a particular major is, skip it and keep it as an option. At the end, research the majors you have not crossed off.

*Denotes teacher certification is available

College of Business

110 Business Leadership Building (940) 565-2110 http://cob.unt.edu/undergrad

Accounting
Aviation Logistics
Business Analytics
Business Computer Information Systems
Business Economics
Business Integrated Studies
  International Track
  Sports Management Track (Exclusively at New College, Frisco)
Entrepreneurship
Finance

Logistics and Supply Chain Management
Marketing
  Professional Selling
Operations and Supply Chain Management
Organizational Behavior and Human Resource Management
Real Estate
  Residential Property Management
Risk, Insurance and Financial Services
  Risk and Insurance
  Financial Services

College of Education
Continuing Interventions

Advising Services Office

- Surveyed students during summer.
- Offers one-on-one appointments for exploratory students.
- Counselors knowledgeable in majors across campus.

Exploring Majors Workshops offered throughout the Fall Semester

- One-hour workshops
- Filling to capacity!
Sli.do Question #2

How comfortable are you with advising undecided students?

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Advising Exploring Students

You don’t have to be a Career Counselor specialist to help a student explore!
Advising Exploring Students, Context

• Advisors are in unique position to help
  (Hunter & White, 2004, as cited in McCalla-Wriggins, 2009)

• Most students have some trepidation about being undecided
  (Ellis, 2014)

• Each student will take a unique amount of time to decide
  (Slowinstki & Hammock, 2003)

• The decision making process belongs to the student
  (Ellis, 2014)
Advising Exploring Students, Process

Virginia Gordon’s Career Advising Process:

- Inquire
- Inform
- Integrate

- Ask
- Acquire
- Assimilate

(Gordon, 2006)
“Curiosity is the fuel for discovery, inquiry, and learning.”

-Anonymous
Advising Exploring Students, Ask

• Explore areas including:
  o How undecided is the student?
  o What ideas do they already have about career/major?
  o What do they already know about themselves?
  o What are some motivating factors bringing them to college?
  o Use their experience with career counseling they received in secondary school
Help them gather information

Self Knowledge:

Use questions or assessments to find out:

• Values (What is important to me?)
• Personality (How am I wired?)
• Talents (What comes naturally to me?)
• Skills (What can I do well?)
• Interests (What do I like?)
Advising Exploring Students, Acquire

• Career & Major Knowledge
  o Consult with your Career Center to grow in your knowledge
  o Direct them in internet research
  o Encourage real-life job exposure
Advising Exploring Students, Assimilate
Advising Exploring Students, Assimilate

- Point out patterns, themes or inconsistencies
- Explore emotions including hesitancies or excitement
- Lead the student to tangible next steps
- Explore roadblocks to decision making
- Reassure: this does not have to be a permanent decision
Questions?
References


