

MAJOR/CAREER DECISION-MAKING WORKSHOPS

UK's Counseling Center offers Major/Career Decision-Making Workshops to assist students with the college major/career decision making process. The workshop format is 45 minutes of interactive activities that introduce students to the steps involved in making important life decisions.

THE WORKSHOP WILL HELP YOU:

- Clarify your interests and values
- Learn steps in the decision-making process
- Identify major/career changes



WORKSHOP SCHEDULE

3:00 PM IN ROOM 203 FRAZEE HALL
(Next to the Student Center)

TUESDAYS

JANUARY 31

FEBRUARY 7

FEBRUARY 14

FEBRUARY 21

MARCH 6

MARCH 20

MARCH 27

APRIL 3

APRIL 10

WEDNESDAYS

FEBRUARY 1

FEBRUARY 8

FEBRUARY 15

FEBRUARY 22

MARCH 7

MARCH 21

MARCH 28

APRIL 4

APRIL 11

**3:30 PM IN UNIVERSITY HEALTH SERVICES,
4TH FLOOR**

WEDNESDAYS

JANUARY 25

FEBRUARY 22

MARCH 21

APRIL 18

After attending this workshop, you can take the Strong Interest Inventory (SII) online on your own time. The SII can help identify preferred majors, motivating work environments, and potential career interest areas. Please be advised that taking a test or inventory does not provide the answer to any of life's questions. Decision-making is a process; the SII is a tool that may be helpful in the career decision-making process.

When you complete the SII online, the results are sent to the Counseling Center, so your next step is to schedule an appointment to review the results by calling 257-8701. Appointments for results are on a first-come, first-serve basis. If you attend a workshop later in the semester, you may have a longer wait when scheduling your follow-up session.

Academic, personal, and career services are offered free to fee-paying students currently enrolled for at least six credit hours at the University of Kentucky. Students who cannot attend the workshop, but would still like assistance, can call (859) 257-8701 to ask about other available appointment times.

UK
UNIVERSITY OF
KENTUCKY

Counseling Center
Consultation and Psychological Services

Division of Student Affairs

201 Frazee Hall | next to the Student Center | (859) 257-8701
www.uky.edu/StudentAffairs/Counseling