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

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. Your next step is to schedule a Career Intake appointment by calling 257-8701. During that appointment, we will discuss your specific career decision making needs and begin to review the results of your SII. Appointments 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 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.