

# Major/Career Decision-Making and Development

*Where do I go for help with...*

## Personal/Career Counseling

Discovering who I am

Working through personal problems

Increasing self-confidence

Learning to make well-informed decisions

Exploring values related to work

Completing career assessments related to interests, skills, values, & personality types

Generating major/career options

Choosing a major/career path

Overcoming obstacles to my dream job

Negotiating family expectations

Improving my motivation in school

Reducing test anxiety

### **Counseling Center**

***Consultation and Psychological Services***

201 Frazee Hall

(859) 257-8701

[www.uky.edu/studentaffairs/counseling](http://www.uky.edu/studentaffairs/counseling)

## Career/Job Search

Choosing a major/career path

Generating major/career options

Completing career assessments related to interests, skills, values, & personality types

Applying for internship credit/finding internship resources

Creating and critiquing resumes and cover letters

Preparing for Career Fair/Employer Showcase

Learning job search strategies

Refining interview skills

Researching careers and potential employers

Networking with employers and organizations

Preparing for graduate school

### **James W. Stuckert Career Center**

408 Rose Street

859 257-2746

[www.uky.edu/careercenter](http://www.uky.edu/careercenter)

## Advising

Planning classes to take

Learning about requirements for majors and minors

Exploring majors

Planning my educational career

Keeping track of important university academic deadlines, procedures, and policies

Learning about campus resources, events, and opportunities

Addressing academic difficulties

Withdrawing from classes

Applying for National Student Exchange (Undergraduate Studies)

### **Advising**

**Undergraduate Studies**

109 Miller Hall

(859) 257-3383

[www.uky.edu/US](http://www.uky.edu/US)

**Arts & Sciences**

311 POT

(859) 257-8712

[www.as.uky.edu/advising](http://www.as.uky.edu/advising)