



EXPLORING MAJORS

ACTION PLAN WORKBOOK

Discover Self-Knowledge



Explore Majors



Research Careers



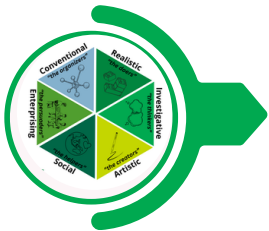
Declare Your Major



UNT EXPLORING MAJORS ACTION PLAN OVERVIEW

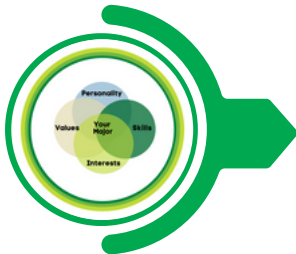
Exploring Majors Counseling | Sage Hall 110 | untadvising@unt.edu | 940-565-3633

The Exploring Majors Action Plan (EMAP) is a guide designed to support your journey of self-discovery, major exploration, and career research. This structured, step-by-step plan assists in identifying a degree program that aligns with your unique personality, strengths, goals, and values, making the path to finding a fulfilling academic and career direction clear and manageable.



Step 1: Discover Self-Knowledge

Identify your VIPS: Values, Personality, Interests, and Skills!



Step 2: Explore Majors

Utilize the UNT website to find out more about our majors!



Step 3: Research Careers

Gather information about possible career options within a given major!



Step 4: Declare Your Major

Schedule an appointment with an Academic Advisor within your new major to officially change your major!

VIPS CHECKLIST

THE VALUES, INTERESTS, PERSONALITY, AND SKILLS (V.I.P.S.) ACTIVITY IS DESIGNED TO HELP YOU THINK ABOUT HOW YOUR PERSONAL ATTRIBUTES CAN RELATE TO YOUR MAJOR. PLEASE CIRCLE ANY ATTRIBUTES THAT APPLY TO YOU IN EACH SECTION.

VALUES

MAKING A DIFFERENCE
CREATIVITY
FLEXIBILITY
STABILITY
LEADERSHIP
DIVERSITY
INDEPENDENCE
WEALTH
TEAMWORK
WORK LIFE BALANCE
JUSTICE
ACHEIVEMENT
HARMONY

INTERESTS

VIDEO GAMES
ART
SPORTS/EXCERCISE
WRITING
READING
BEING WITH PEOPLE
NATURE
MUSIC
MECHANICS
BEING WITH ANIMALS
WORKING WITH YOUR HANDS
SOCIAL EVENTS
MAKING MOVIES/VIDEOS

PERSONALITY

INTROVERT
EXTROVERT
LEADER
EMOTIONAL
LOGICAL
CREATIVE THINKER
ANALYTICAL
SPONTANEOUS
STRUCTURED
ACTION ORIENTED
PRACTICAL
CURIOUS
COMPASSIONATE

SKILLS

PLAYING AN INSTRUMENT
DRAWING/PAINTING
PROGRAMMING
CONNECTING WITH PEOPLE
LEADING OTHERS
PERFORMING
WRITING
RESEARCHING
HELPING OTHERS
ORGANIZING THINGS
FIXING THINGS
COORDINATING EVENTS
STEM SUBJECTS

VIPS CHECKLIST

LIST YOUR TOP 5 VALUES, INTERESTS, PERSONALITY, AND SKILLS. YOU CAN USE THE EXAMPLES PROVIDED OR ADD YOUR OWN. INCLUDE ATTRIBUTES THAT APPLY TO BOTH ACADEMIC AND PERSONAL LIFE.

VALUES

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

INTERESTS

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

PERSONALITY

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

SKILLS

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

The diagram is a circle divided into six segments, each representing a different student type. The segments are arranged in a clockwise cycle starting from the top. Each segment has a specific color, a title, a subtitle, and an icon.

- Conventional** (Light Blue): "the organizers". Icon: A network diagram with a central node and six surrounding nodes connected by lines.
- Realistic** (Dark Green): "the doers". Icon: Three interlocking LEGO bricks.
- Investigative** (Medium Green): "the thinkers". Icon: A thought bubble with three small circles leading to it.
- Artistic** (Yellow-Green): "the creators". Icon: A drawing of a pencil and a swirl.
- Social** (Dark Teal): "the helpers". Icon: A globe with a heart shape over the Americas.
- Enterprising** (Light Green): "the persuaders". Icon: Two people sitting at a table, one pointing at a document.

At the bottom left is the UNT logo with the text "OFFICE OF THE PROVOST & DEAN OF ACADEMIC AFFAIRS".

WWW.MYNEXTMOVE.ORG/EXPLORE/IP

My three letter combination:

Athletic | Skilled | Mechanical | Hardworking | Ambitious | Structured

Independent | Precise | Scientific | Observant | Logical | Wise

Original | Expressive | Storytellers | Feelers | Unconventional | Talented

Friendly | Extroverted | Caring | Accepting | Sociable | Understanding

Risk-Taker | Ambitious | Sociable | Influential | Talkative | Fast-Paced

Dependable | Efficient | Precise | Systematic | Methodical | Responsible

UNT MAJORS ACTIVITY

EXPLORE YOUR OPTIONS & CONFIRM YOUR MAJOR CHOICE

READ THROUGH MAJORS OFFERED AT UNT AND DRAW A LINE THROUGH THE MAJORS THAT DO NOT INTEREST YOU. IF YOU ARE NOT SURE ABOUT A PARTICULAR MAJOR, SKIP IT AND KEEP IT AS AN OPTION. AT THE END, RESEARCH THE MAJORS YOU HAVE NOT CROSSED OFF.

College of Applied and Collaborative Studies

CACS@unt.edu

Applied Arts and Sciences
Applied Project Design
Industrial Distribution
Workforce and Technical Admin.

Applied Project Design and Analysis
Project Design and Analysis
Industrial Distribution

(940) 369-8129

G. Brint Ryan College of Business

RCoBAdvising@unt.edu

Accounting
Accounting, Grad Track
Business Analytics
Business Computer Information Systems
Business Integrated Studies
International Track
Economics
Entrepreneurship and Enterprise Mgmt.
Finance
General Business
Human Resource Mgmt.

Supply Chain Mgmt.
Aviation Logistics
Logistics
Operations
Marketing
Professional Selling
Real Estate
Residential Property Mgmt.
Risk Management and Insurance
Financial Planning
Sport Entertainment Mgmt. (Frisco Only)

(940) 565-2110

College of Education

COE-SAO@unt.edu

Education
Early Childhood through Grade 6 (EC-6)
with specialization in:
English as a Second Language
Bilingual Education
Special Education

Health Behavior and Fitness
Human Development and Family Science*
*Teaching Track**
Community and Family Services
Individual and Family Across the Lifespan
Kinesiology
*Physical Education**
Pre-Physical Therapy/Allied Health
General Track
Recreation, Event and Sport Management

(940) 565-2736

NOTE: Secondary Education and All-Level Education Certification students will major in the topic they want to teach. See asterisks

College of Engineering

Engineering.Advisor@unt.edu

Biomedical Engineering
Computer Engineering
Computer Science*
Construction Engineering Technology
Construction Management
Cybersecurity

Electrical Engineering
Information Technology
Materials Science and Engineering
Mechanical and Energy Engineering
Mechanical Engineering Technology

(940) 565-4201

College of Health and Public Service

HPSAdvisingService@unt.edu

Addiction Studies
Applied Behavior Analysis
Audiology and Speech-Language Pathology
Criminal Justice
Emergency Administration and Planning
Nonprofit Leadership Studies
Public Health
Rehabilitation Studies
Social Work
Urban Policy and Planning

(940) 565-4115

College of Information

ci-advising@unt.edu

Data Science
Information Science
Data Science conc.
Digital Content and Information Systems
Human Language Technology
Information Management and Health Informatics
Information Science and Knowledge Organization
Project and Knowledge Management
Learning Technologies
Linguistics
Computational Linguistics
Teaching English in a Global Environment

(940) 565-2445

College of Liberal Arts and Social Sciences

CLASSadvising@unt.edu

Anthropology
Communication Studies*
Content Strategy
Converged Broadcast Media
Economics, BA/BS
English*
Creative Writing
*Language Arts**
Literature
Writing and Rhetoric
French*
Geographic Information Systems
and Computer Science
Geography
Earth Systems
Environmental Studies
German Studies*
History*
Integrative Studies
International Studies
Business and Economics
Global Conflict
Global Perspectives
Human Security
Japanese
Latino/Latina American Studies
Media Arts
Philosophy
Political Science
Psychology
Religion
Social Science*
Sociology
Spanish*
Technical Communication, BA/BS
Theatre*
Acting
Design/Tech
*Theatre Studies**

(940) 565-2051

JOURAdvising@unt.edu

Advertising and Brand Strategy
Journalism, Digital and Print Journalism
Journalism, Photojournalism
Journalism, Public Relations
Journalism, Sports Journalism and Comm.
Journalism, Teaching Certification*
Journalism; Video, Broadcast and Multimedia

(940) 565-3365

College of Merchandising, Hospitality and Tourism CMHTadvising@unt.edu

Consumer Experience Management
Digital Retailing
Event Design and Experience Management
Hospitality Management
*Nutrition & Food Science Teaching**
Merchandising
Fashion Merchandising
Furnishings and Decor

(940) 565-4635

College of Music

Music.Advising@unt.edu

Composition	General Music	(940) 565-3860
Commercial Music	Music History and Literature	
Critical Studies in Music and Society	Performance	
Music Education*	<i>Harpsicord</i>	
<i>Choral - Keyboard or Guitar</i>	<i>Orchestral Instruments - Multiple Woodwinds</i>	
<i>Choral - Vocal</i>	<i>Orchestral Instruments</i>	
<i>Instrumental - Band, Woodwinds, Brass</i>	<i>Organ</i>	
<i>or Percussion</i>	<i>Organ, Church Music Emphasis</i>	
<i>Instrumental - Band/Orchestra</i>	<i>Piano</i>	
<i>Instrumental - Elementary</i>	<i>Piano Pedagogy</i>	
<i>Instrumental - Orchestra</i>	<i>Voice</i>	
Jazz Studies (instrumental, arranging, or vocal emphasis)		

College of Science

COSadvising@unt.edu

Biochemistry*	Mathematics*	(940) 369-8606
<i>Forensic Science</i>	<i>Computer Science conc.</i>	
Biology*	Medical Laboratory Sciences	
<i>Forensic Science</i>	Physics*	
Chemistry*	<i>Astrophysics</i>	
<i>Forensic Science</i>	<i>Computational Physics</i>	
Ecology for Environmental Science	<i>Engineering Physics</i>	
	<i>Teaching*</i>	

College of Visual Arts and Design

CVAD.Advising@unt.edu

Art Education*	Interdisciplinary Art & Design Studies	Studio Art	(940) 565-2216
Art History	<i>Arts Management</i>	<i>Ceramics</i>	
Communication Design	<i>Design Management</i>	<i>Drawing and Painting</i>	
<i>Graphic Design</i>	<i>Open Track</i>	<i>Metalsmithing and Jewelry</i>	
<i>User-Experience Design</i>		<i>New Media Art</i>	
Fashion Design		<i>Photography</i>	
Interior Design		<i>Printmaking</i>	
		<i>Sculpture</i>	

*Teacher Certification Available

BELOW, LIST THE MAJORS YOU HAVE NOT CROSSED OFF:

- 1 _____
- 2 _____
- 3 _____
- 4 _____

LET'S REFLECT

Now that you have narrowed down your major options, list them in the space below. Think back on your VIPS. Check the box if the major aligns with your values, interests, personality, or skills.



	V	I	P	S
1. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

TAKE NOTE OF WHICH MAJORS CHECK OFF THE MOST BOXES. HOW DOES THIS MAKE YOU FEEL ABOUT YOUR CHOICES?

RESEARCH CAREERS

Research career options for the top two majors that best fit with your VIPS!

O*NET

[ONETONLINE.ORG/](https://onetonline.org/)

Pick one of your majors to research further. Enter a major into the Occupation Keyword Search and choose one of the career options listed. List the top 5 “Detailed Work Activities” and the top 3 values listed under “Work Values.”

OCCUPATIONAL OUTLOOK HANDBOOK

[BLS.GOV/OOH/](https://bls.gov/ooih/)

Enter another major into the search bar in the right hand corner and pick one of the career options listed. List three tasks mentioned under the “What do they do” tab.

WHAT CAN I DO WITH THIS MAJOR?

[VPAA.UNT.EDU/MAJORS](https://vpaa.unt.edu/majors)

Choose a major on the homepage that most closely matches a UNT major you’ve selected. Which common career path listed interests you the most? What employers are listed for this career path?

WHAT'S MY NEXT STEP?

STILL FEELING UNDECIDED?

Make an appointment with an Exploring Majors Academic Counselor!

DECIDED ON A NEW MAJOR?

Make an appointment with an academic advisor for your new major to officially change your major and schedule coursework!**

Don't forget to check if their advising website for drop-in advising hours!

CONFUSED ABOUT CAREER OPTIONS?

Make an appointment with a Career Coach for your new major through Navigate.

MY NEXT ADVISING APPOINTMENT:

Advising Office:

Date:

Location:

Keep in Mind**

If you would like to change your major to:

COLLEGE OF BUSINESS: You will need to complete the College of Business Major Change Canvas Module before you can make an appointment with their advisors. You can find the module here: <https://cob.unt.edu/undergrad/change-major>

COLLEGE OF MUSIC: Most of the College of Music majors require an audition/application. Find more information here: <https://music.unt.edu/admissions/undergraduate>

INTEGRATIVE STUDIES (IGST): You will need to complete the Major Change Canvas Module before you will be able to meet with the IGST Advisors. You can find the module here: <https://integrativestudies.unt.edu/how-declare-major-integrative-studies>

ADDITIONAL RESOURCES

Exploring Majors Counseling | Sage Hall 110 | untadvising@unt.edu | 940-565-3633

DISCOVER SELF-KNOWLEDGE

- 16 Personalities: <https://www.16personalities.com/free-personality-test>
- Enneagram: <https://www.truity.com/test/enneagram-personality-test>
- O*Net Interest Profiler: <https://www.mynextmove.org/explore/ip>
- StrengthQuest Assessment through Student Affairs: [Strengths at UNT](#)
- UNT Counseling and Testing Services: <https://studentaffairs.unt.edu/counseling-and-testing-services/>

EXPLORE MAJORS

- UNT Undergrad Catalog: catalog.unt.edu
- UNT Majors Subject Areas: vpaa.unt.edu/Majors
- Academic Department Websites: <https://www.unt.edu/academics/index.html>
- UNT at Frisco Majors Activity: [Frisco Majors Activity](#)

RESEARCH CAREERS

- O*Net: <https://www.onetonline.org/>
- Occupational Outlook Handbook: <https://www.bls.gov/ooh/>
- What Can I Do With This Major: <https://vpaa.unt.edu/Majors>
- MyNextMove.org: <https://www.mynextmove.org/>
- Career Onestop Toolkit: <https://www.careeronestop.org/>
- UNT Heath Careers Advising: <https://healthcareers.unt.edu/>

STUDENT SUPPORT SERVICES

- Academic Advising Offices Contact Information: <https://vpaa.unt.edu/advising/advising-offices.html>
- Dean of Students: <https://studentaffairs.unt.edu/dean-of-students/index.html>
- DOS Withdrawals: <https://studentaffairs.unt.edu/dean-of-students/programs-and-services/withdrawals.html>
- Student Accounting: <https://studentaccounting.unt.edu/index.html>
- Office of Disability Access: <https://studentaffairs.unt.edu/office-disability-access/index.html>

ACADEMIC ASSISTANCE

- Learning Center: learningcenter.unt.edu
- Math Lab: math.unt.edu/mathlab
- Writing Center: writingcenter.unt.edu
- Science Resources: <https://cos.unt.edu/advising/diy-advising/other-student-resources>

