



EXPLORING MAJORS

ACTION PLAN WORKBOOK

CHOOSE YOUR PATH. PLAN YOUR FUTURE.



ACTION PLAN OVERVIEW

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

The Exploring Majors Action Plan (EMAP) is a step-by-step guide that helps you discover your strengths, explore academic options, and connect majors to meaningful careers. By completing this workbook, you will clarify what matters to you, identify majors that fit your goals, and choose a clear next step on your academic path.



DISCOVER

Identify your starting point, figure out what kind of explorer you are, & discover your VIPS (Values, Interests, Personality, & Skills).



EXPLORE

Explore majors to check how well your potential degree fits your VIPS, career path, and goals.



TEST

Conduct small experiments to build evidence that points you to your best-fit major.



PLAN

Build your personal exploration challenge to guide you along your exploring majors journey.

REMEMBER:

Your major does not equal your career - One major can prepare you for many kinds of work.

A major is more than a label - You are choosing courses, skills, and experiences.

You have options - Majors, minors, and certificates work together to diversify your degree.

There is no perfect choice - A thoughtful choice can still evolve over time.

START WHERE YOU ARE

You do not need to have the perfect answer before you take action; you need a useful experiment. Use this workbook to notice your questions, explore options, and choose concrete next steps.

I NEED A STARTING POINT

- No ideas yet
- I'm here to explore
- I have a career in mind, but not a major

I AM NARROWING IT DOWN

- I'm choosing between options
- I'm questioning my current major

My biggest question today:

WHAT KIND OF EXPLORER ARE YOU?

Choose the statement(s) that sounds most like you right now.

STARTING WITHOUT A MAP

BLANK SLATE: I do not know where to begin

MANY INTERESTS: Too many options sound good

STARTING WITH A DIRECTION

CAREER FIRST: I know the job, not the major

MAJOR FIRST: I like the subject, but where does it lead?

PRESSURE OR DOUBT

DOUBT: My chosen major may not fit.

PRESSURE: Other people have a plan for me.

LOOKING FOR EVIDENCE

PRACTICAL CONCERNS: Will this lead to stability?

STILL DECIDING: I need more evidence.

There is no right starting point. Your answer simply helps you decide what kind of exploration will be most useful next.

DISCOVER WHAT IS IMPORTANT TO YOU WITH VIPS

The strongest major decisions begin with self-knowledge. The Values, Interests, Personality, and Skills (V.I.P.S.) Activity is designed to help you think about how your attributes can relate to your major. Highlight the VIPS most important to you, and feel free to add your own.

VALUES

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

INTERESTS

VIDEO GAMES
ART
SPORTS/EXERCISE
WRITING
READING
BEING WITH PEOPLE
NATURE
MUSIC
MECHANICS
BEING WITH ANIMALS
WORKING W/ 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

GOALS

ADD YOURS HERE!

Create a list of your top VIPS below. They are evidence to consider as you continue on your exploring majors journey. Next, you'll start to narrow down your major options.

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.

G. Brint Ryan College of Business

RCoBAdvising@unt.edu

Accounting	Industrial Distribution	(940) 565-2110
Accounting, Grad Track	Project Design and Analysis	
Applied Project Design and Analysis	Supply Chain Mgmt.	
Business Analytics	<i>Aviation Logistics</i>	
Business Computer Information Systems	<i>Logistics</i>	
Business Integrated Studies	<i>Operations</i>	
<i>International Track</i>	Management	
Economics	Marketing	
Entrepreneurship and Enterprise Mgmt.	<i>Professional Selling</i>	
Finance	Real Estate	
Financial Planning	<i>Residential Property Mgmt.</i>	
General Business	Risk Management and Insurance	
Human Resource Mgmt.	Sport Entertainment Mgmt. (Frisco Only)	

School of Merchandising and Hospitality Management SMHMadvising@unt.edu

Interdisciplinary Studies in Consumer Insights	Hospitality Management	(940) 565-4635
Digital Business & E-Commerce	<i>Nutrition & Food Science Teaching*</i>	
Event Design and Experience Management	Merchandising	
	<i>Fashion Merchandising</i>	
	<i>Furnishings and Decor</i>	

College of Education

COE-SAO@unt.edu

Education	Human Development and Family Science*	(940) 565-2736
<i>Early Childhood through Grade 6 (EC-6)</i>	<i>Teaching Track*</i>	
<i>with specialization in:</i>	Community and Family Services	
<i>English as a Second Language</i>	<i>Individual and Family Across the Lifespan</i>	
<i>Bilingual Education</i>		
<i>Special Education</i>		

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

Artificial Intelligence	Cybersecurity	(940) 565-4201
Biomedical Engineering	Electrical Engineering	
Computer Engineering	Information Technology	
Computer Science*	Materials Science and Engineering	
Construction Engineering Technology	Mechanical and Energy Engineering	
Construction Management	Mechanical Engineering Technology	*Teacher Certification Available

College of Public Affairs and Health Sciences

PAHSAdvising@unt.edu

Addiction Studies	Nonprofit Leadership Studies	(940) 565-4115
Applied Behavior Analysis	Psychology	
Audiology and Speech-Language Pathology	Public Health	
Criminal Justice	Health Professions	
Emergency Administration and Planning	Recreation, Event and Sport Management	
Health Behavior and Fitness	Rehabilitation Studies	
Kinesiology	Social Work	
<i>Pre-Physical Therapy/Allied Health</i>	Urban Policy and Planning	
<i>Strength and Conditioning</i>		
<i>General Track</i>		

College of Information

ci-uadvising@unt.edu

Information Science	Data Science	(940) 565-2445
<i>Data Science</i>	Health Informatics	
<i>Digital Content and Information Systems</i>	Learning Technologies	
<i>Information Management and Health Informatics</i>		
<i>Information Science and Knowledge Organization</i>		
<i>Project and Knowledge Management</i>		

College of Liberal Arts and Social Sciences

CLASSadvising@unt.edu

Advertising and Brand Strategy	German Studies	Media Arts	(940) 565-2051
Anthropology	History*	Philosophy	
Applied Arts and Sciences	Integrative Studies	Political Science	
Communication Studies*	International Studies	Spanish	
Content Strategy	<i>Business and Economics</i>	Social Science*	
Converged Broadcast Media	<i>Global Conflict</i>	Sociology	
Economics	<i>Global Perspectives</i>	<i>Sports Culture</i>	
English*	<i>Human Security</i>	Theatre*	
<i>Creative Writing</i>	Japanese	<i>Acting</i>	
<i>Language Arts*</i>	Journalism	<i>Design/Tech</i>	
<i>Literature</i>	<i>Digital and Print</i>	<i>Dance</i>	
<i>Writing and Rhetoric</i>	<i>Photojournalism</i>	<i>Theatre Studies</i>	
French	<i>Public Relations</i>	<i>Teaching Certification*</i>	
Game Studies and Design	<i>Sports Journalism and Comm.</i>	Technical Communication	
Geographic Information Systems and Computer Science	<i>Teaching Certification*</i>		
Geography	<i>Video, Broadcast and Multimedia</i>		
<i>Earth Systems</i>			
<i>Environmental Studies</i>			

*Teacher Certification Available

College of Music

Music.Advising@unt.edu

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

Below, write down the majors you have not crossed off and research them further:

1. _____ 2. _____ 3. _____ 4. _____

For further exploration, we encourage you to connect with faculty and academic counselors/advisors within UNT's academic colleges. You should also use the following resources:

Undergraduate Catalog - catalog.unt.edu

The Catalog lists the courses and requirements for each major. Click on "Majors, minors, certificates" to read detailed information about the majors you're researching.

Career Center - careercenter.unt.edu

The Career Center offers one-on-one advising, small group workshops, and events to help you choose a career path.

Academic Department Websites

The websites for individual academic departments provide valuable information on majors, opportunities for student enrichment, and career paths within their academic disciplines.

**Teacher Certification Available*

A MAJOR IS A LEARNING EXPERIENCE

Now that you have your shortlist of majors, it's time to deep dive.

When you choose a major, you are choosing how you will learn: required courses, recurring assignments, the skills you will practice, and opportunities to build experience.

LOOK BEYOND THE NAME

USE COURSE CLUES

NOTICE PATTERNS

PICTURE THE WORK

Separate what you want to study, what you will do, and where you might work. Three choices create many possible combinations. Take a look at the example below:

MAJOR

What do I want to study?

**COMMUNICATION
STUDIES**

CAREER FUNCTION

What kind of work do I want to do?

**STAFF TRAINING &
DEVELOPMENT**

INDUSTRY

Where do I want to do it?

HEALTHCARE

Come back to this chart to try this out on your own:

MAJOR

What do I want to study?

CAREER FUNCTION

What kind of work do I want to do?

INDUSTRY

Where do I want to do it?

EXPLORE

DON'T GUESS. KNOW!

READ THE MAJOR, NOT JUST THE TITLE

A major is a set of courses, skills, and learning experiences. Use the UNT catalog, degree plans, and department websites to learn about majors in-depth.

MAJOR I AM RESEARCHING: _____

RESEARCH	YOUR NOTES
 COURSE PATTERNS What subjects or themes show up in the required courses? Do I think I'll enjoy several of the classes?	
 UPPER-LEVEL COURSES Which advanced courses sound most interesting to me? Which sound least interesting?	
 HOW I'LL LEARN Note whether this major involves more writing, labs, projects, presentations, problem-solving, performance, fieldwork, or something else.	
 SKILLS I'LL PRACTICE What skills will I use repeatedly throughout this degree?	
 DEGREE REQUIREMENTS Are there prerequisites, GPA requirements, auditions, portfolios, sequencing or other rules I need to know?	
 ROOM TO CUSTOMIZE Are there concentrations, space for electives, minors, certificates, or other ways to shape this degree around my interests?	

WHAT I LEARNED Based on the above, what would studying this major actually be like?

USE EVIDENCE TO CHECK THE FIT

GO BEYOND THE PAGE.

You can learn a lot about a major on paper. Now, test what you think you know. Choose a few ways to experience, observe, or ask about a major. Real-world evidence can help you see how well it fits your interests, goals, and lifestyle.

WAY TO GATHER EVIDENCE	WHAT I LEARNED
 TALK TO A STUDENT What is the major actually like day to day?	
 TALK TO FACULTY What do students study, practice, enjoy and/or struggle with most?	
 VISIT A CLASS Can I sit in on a course or learn more about an introductory or upper-level class?	
 TRY AN EXPERIENCE Is there a student organization, project, event, volunteer opportunity, performance, or competition connected to this field?	
 TALK TO A CAREER COACH, ADVISOR, OR PROFESSIONAL Where can this major lead, and what does the work actually look like?	
 COMPARE MY EXPECTATIONS What did I learn that confirmed or challenged what I assumed?	

MY EVIDENCE SO FAR:

What makes this major appealing?

What makes me hesitate?

What do I still need to test?

COMPARE YOUR TOP CHOICES

USE WHAT YOU LEARNED TO SUM IT ALL UP.

Use the chart below to compare your strongest options using the evidence you gathered. You do not need the perfect answer. Look for patterns, tradeoffs, and what you still want to test.

COMPARE	MAJOR 1	MAJOR 2	MAJOR 3
Fits my VIPS			
Has courses I am excited about			
Major has skills I want to build			
The career options appeal to me			
Meets my practical considerations			
Questions/Concerns			
Overall fit/confidence			

CHOOSE YOUR NEXT STEP

SMALL STEPS. REAL PROGRESS.

STILL FEELING UNDECIDED?

Make an appointment with an Exploring Majors academic counselor via Navigate.

DECIDED ON A NEW MAJOR?

Make an appointment with an academic advisor for your new major via Navigate to officially change your major and schedule your next semester's coursework.**

CAREER QUESTIONS?

Make an appointment with your Career Coach via Navigate.

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/advising/change-major.html>

INTEGRATIVE STUDIES:

You will need to complete the Major Change Canvas Module before you can meet with their advisors. You can find the module here: <https://class.unt.edu/integrative-studies/how-declare-major-integrative-studies.html>

ADDITIONAL RESOURCES

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

DISCOVER SELF-KNOWLEDGE

- Exploring Majors Self-Discovery Activities: <https://vpaa.unt.edu/aservices/exploring-majors/self.html>
- O*NET Interest Profiler: <https://www.mynextmove.org/explore/ip>
- StrengthsQuest Assessment through Student Affairs: [Strengths at UNT](#)
- 16 Personalities: <https://www.16personalities.com/free-personality-test>
- 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](#)
- What Can I Do With This Major: <https://whatcanidowiththismajor.com/>

RESEARCH CAREERS

- O*NET: <https://www.onetonline.org/>
- Occupational Outlook Handbook: <https://www.bls.gov/ooh/>
- Stepping Blocks: <https://unt.steppingblocks.com/login>
- MyNextMove.org: <https://www.mynextmove.org/>
- Focus 2: <https://www.focus2career.com/Portal/login.cfm?SID=1837>
- UNT Health Careers Advising: <https://healthcareers.unt.edu/>

STUDENT SUPPORT SERVICES

- Academic Advising Offices Contact Information: <https://vpaa.unt.edu/advising/get-advised/>
- 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>