



EXPLORING MAJORS ACTION PLAN

CHOOSE A MAJOR. BUILD CONFIDENCE. PLAN YOUR FUTURE.

Discover Self-
Knowledge



Explore Majors



Research Careers



Declare Your Major

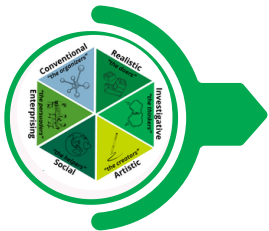


UNT EXPLORING MAJORS ACTION PLAN OVERVIEW

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

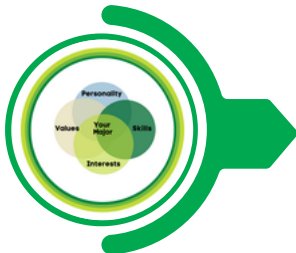
The Exploring Majors Action Plan (EMAP) is a step-by-step guide that helps you discover your strengths, explore academic options, and connect majors to meaningful careers.

By completing this workbook, you will clarify what matters to you, identify majors that fit your goals, and choose a clear next step toward graduation and career readiness.



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!

STEP 1: DISCOVER 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. PLEASE CIRCLE ANY ATTRIBUTES THAT APPLY, 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

VIPS CHECKLIST

CHOOSING A MAJOR IS EASIER WHEN YOU FOCUS ON WHAT MATTERS MOST. SELECT THE FIVE ATTRIBUTES IN EACH CATEGORY THAT FEEL MOST TRUE TO YOU TODAY.

VALUES

☐	_____
☐	_____
☐	_____
☐	_____
☐	_____

INTERESTS

☐	_____
☐	_____
☐	_____
☐	_____
☐	_____

PERSONALITY

☐	_____
☐	_____
☐	_____
☐	_____
☐	_____

SKILLS

☐	_____
☐	_____
☐	_____
☐	_____
☐	_____

REFLECT: HOW CONFIDENT DO YOU FEEL IN UNDERSTANDING YOURSELF RIGHT NOW?
(ON A SCALE OF 1-5)

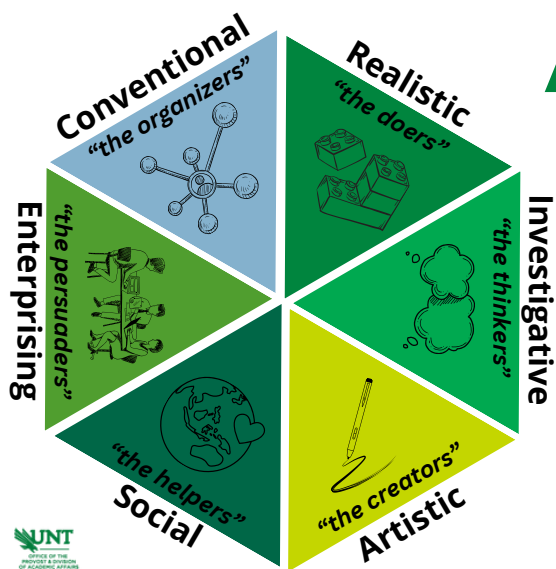
ANSWER:

ASSESSMENT TIME!

COMPLETE THE
O*NET INTEREST PROFILER

WWW.MYNEXTMOVE.ORG/EXPLORE/IP

My three letter combination:



WHAT DOES THIS MEAN FOR YOU:

STUDENTS OFTEN EXPLORE MAJORS THAT MATCH THEIR INTEREST CODES. USE YOUR CODE TO GUIDE WHICH MAJORS YOU RESEARCH. LEARN MORE HERE:



Realistic: Practical | Hands-on | Active

Athletic | Skilled | Mechanical | Hardworking | Ambitious | Structured

Investigative: Curious | Scholarly | Analytical

Independent | Precise | Scientific | Observant | Logical | Wise

Artistic: Creative | Flexible | Innovative

Original | Expressive | Storytellers | Feelers | Unconventional | Talented

Social: Empathetic | Insightful | Collaborative

Friendly | Extroverted | Caring | Accepting | Sociable | Understanding

Enterprising: Enthusiastic | Persuasive | Confident

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

Conventional: Practical | Detailed | Persistent

Dependable | Efficient | Precise | Systematic | Methodical | Responsible

STEP 2: EXPLORE MAJORS

CROSS OUT MAJORS THAT DO NOT INTEREST YOU. CIRCLE MAJORS YOU WANT TO LEARN MORE ABOUT. STAR YOUR TOP 3 POSSIBILITIES.

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

Pre-Physical Therapy/Allied Health

General Track

NOTE: Secondary Education and All-Level

Education Certification students will major in

the topic they want to teach. See asterisks

Recreation, Event and Sport Management

(940) 565-2736

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
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 WANT TO LEARN MORE ABOUT

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

IT'S OKAY TO HAVE MORE THAN ONE POSSIBLE MAJOR. EXPLORATION IS A NORMAL AND SUCCESSFUL PART OF COLLEGE.

REFLECT ON YOUR VIPS ALIGNMENT



LIST UP TO FOUR MAJORS YOU ARE CONSIDERING.

CHECK EACH BOX THAT MATCHES YOUR VALUES, INTERESTS, PERSONALITY, OR SKILLS.

THE MAJORS WITH THE MOST CHECKS MAY BE STRONG STARTING POINTS FOR EXPLORATION.

	V	I	P	S
1. _____	☐	☐	☐	☐
2. _____	☐	☐	☐	☐
3. _____	☐	☐	☐	☐
4. _____	☐	☐	☐	☐

WHICH MAJORS ALIGN WITH THE MOST AREAS OF YOUR VIPS PROFILE? HOW CONFIDENT DO YOU FEEL ABOUT THOSE CHOICES?

REFLECT: HOW CONFIDENT DO YOU FEEL ABOUT THESE MAJOR OPTIONS?

(ON A SCALE OF 1-5)

ANSWER:

STEP 3: RESEARCH CAREERS

CHOOSE YOUR TOP TWO MAJORS AND EXPLORE ONE CAREER CONNECTED TO EACH. FOCUS ON DAILY TASKS, REQUIRED SKILLS, AND WORK ENVIRONMENTS THAT MATCH 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?

☐ I WANT MORE HELP CHOOSING A MAJOR.

Make an appointment with an Exploring Majors Academic Counselor!

☐ I AM READY TO DECLARE A MAJOR.

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

Be sure to check your college's advising website for drop-in hours.

☐ I WANT TO CONTINUE EXPLORING CAREERS.

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

ONE STEP I WILL COMPLETE IN THE NEXT 7 DAYS:

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

- O*Net Interest Profiler: <https://www.mynextmove.org/explore/ip>
- MyPlan Assessment: <https://careercenter.unt.edu/resources/myplan/>
- StrengthQuest 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](#)

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 SUPPORT

- 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>

