



EXPLORING MAJORS ACTION PLAN

CHOOSE A MAJOR. BUILD CONFIDENCE. PLAN YOUR FUTURE.

Discover Self-
Knowledge



Explore Majors



Research Careers



Declare Your Major

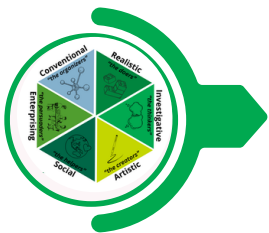


UNT EXPLORING MAJORS ACTION PLAN OVERVIEW

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

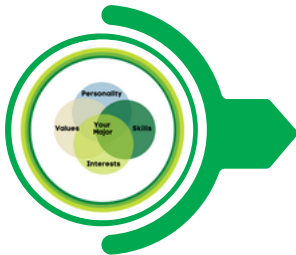
The Exploring Majors Action Plan (EMAP) is a step-by-step guide that helps you discover your strengths, explore academic options, and connect majors to meaningful careers.

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 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

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

| | |
|--------------------------|-------|
| <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"/> | _____ |

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

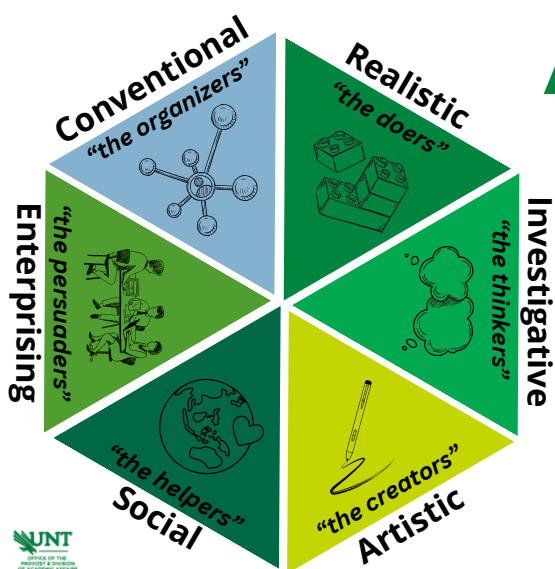
ANSWER:

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
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 | Nonprofit Leadership Studies | (940) 565-4115 |
| Applied Behavior Analysis | Public Health | |
| Audiology and Speech-Language Pathology | Rehabilitation Studies | |
| Criminal Justice | Social Work | |
| Emergency Administration and Planning | Urban Policy and Planning | |

College of Information

ci-advising@unt.edu

| | | |
|---|---|----------------|
| Data Science | Learning Technologies | (940) 565-2445 |
| Information Science | Linguistics | |
| <i>Data Science conc.</i> | <i>Computational Linguistics</i> | |
| <i>Digital Content and Information Systems</i> | <i>Teaching English in a Global Environment</i> | |
| <i>Human Language Technology</i> | | |
| <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

| | | | |
|--|--------------------------------|-------------------------|----------------|
| Anthropology | Geography | Political Science | (940) 565-2051 |
| Communication Studies* | Earth Systems | Psychology | |
| Content Strategy | Environmental Studies | Religion | |
| Converged Broadcast Media | German Studies* | Social Science* | |
| Economics, BA/BS | History* | Sociology | |
| English* | Integrative Studies | Spanish* | |
| <i>Creative Writing</i> | International Studies | Technical Communication | |
| <i>Language Arts*</i> | <i>Business and Economics</i> | Theatre* | |
| <i>Literature</i> | <i>Global Conflict</i> | <i>Acting</i> | |
| <i>Writing and Rhetoric</i> | <i>Global Perspectives</i> | <i>Design/Tech</i> | |
| French* | <i>Human Security</i> | <i>Theatre Studies*</i> | |
| Geographic Information Systems and Computer Science | Japanese | | |
| | Latino/Latina American Studies | | |
| | Media Arts | | |
| | Philosophy | | |

JOURAdvising@unt.edu

| | | |
|--|---|----------------|
| Advertising and Brand Strategy | Journalism, Public Relations | (940) 565-3365 |
| Journalism, Digital and Print Journalism | Journalism, Sports Journalism and Comm. | |
| Journalism, Photojournalism | Journalism, Teaching Certification* | |
| | Journalism; Video, Broadcast and Multimedia | |

College of Merchandising, Hospitality and Tourism

CMHTadvising@unt.edu

| | | |
|--|---|----------------|
| Consumer Experience Management | Hospitality Management | (940) 565-4635 |
| Digital Retailing | <i>Nutrition & Food Science Teaching*</i> | |
| Event Design and Experience Management | Merchandising | |
| | <i>Fashion Merchandising</i> | |
| | <i>Furnishings and Decor</i> | |

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>Harpicord</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> | |

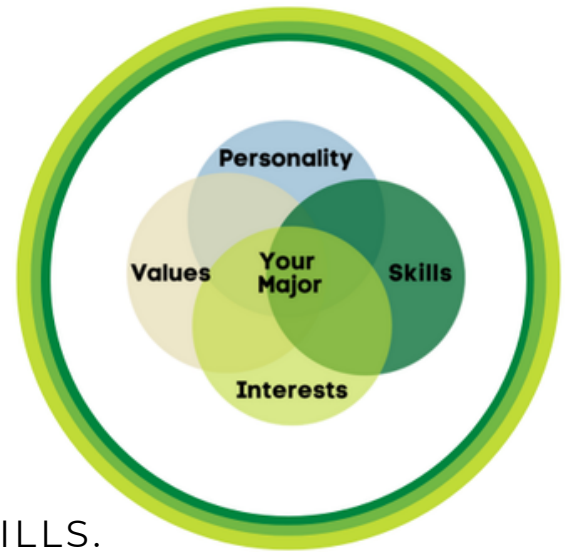
*Teacher Certification Available

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. _____ | <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"/> |

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://www.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://www.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 Health 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>

