



EXPLORING MAJORS

ACTION PLAN WORKBOOK

Discover Self-Knowledge



Explore Majors



Research Careers



Declare Your Major





UNT EXPLORING MAJORS ACTION PLAN OVERVIEW

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 is designed to help you identify 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

- VIPS activity: explore your values, interests, personality, and skills
- Take a free online assessment:
 - 16 Personalities- shortened version of Myers-Briggs Type Indicator
 - Enneagram- determine your personality type
 - O*Net Interest Profiler- Strong's career interest inventory
 - MyNextMove.org- discover interests and search for careers

STEP 2: EXPLORE MAJORS & MINORS

- Research UNT Majors and Minors: vpaa.unt.edu/Majors
- UNT Majors Activity: narrow down your major options through process of elimination
- Check out our [UNT Subject Area](#) information!
- Attend an Exploring Majors Workshop on campus or virtually
- Utilize UNT websites, including the [Academic Catalog](#) and [Academics at UNT](#) websites.

STEP 3: RESEARCH CAREER OPTIONS

- Utilize online resources to research careers:
 - What Can I do With This Major....
 - O*Net
 - Occupational Outlook Handbook
- Make an appointment with a UNT Career Coach through Navigate
 - Ask about internships and job shadowing opportunities
 - Request an informational interview with a professional in your field of interest

STEP 4: MAKE A DECISION

- Gather your research and determine the best major option based on your interests, values, skills, and career goals
- Schedule an appointment with an Academic Advisor in your new major to officially change your major and schedule your courses



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 ACADEMICS. PLEASE HIGHLIGHT 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. REMEMBER, YOU CAN INCLUDE ATTRIBUTES THAT APPLY TO BOTH SCHOOL 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"/>	_____

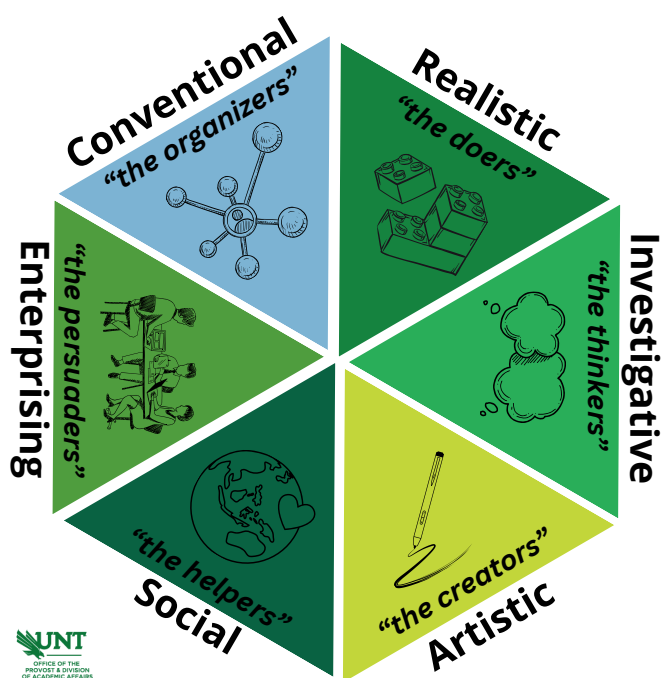
PERSONALITY

<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"/>	_____





CONSIDER YOUR O*NET STRONG INTEREST INVENTORY RESULTS

My Top 3:

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



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

*Teacher Certification Available

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

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>	

*Teacher Certification Available

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 or Percussion</i>	<i>Organ</i>	
<i>Instrumental - Band/Orchestra</i>	<i>Organ, Church Music Emphasis</i>	
<i>Instrumental - Elementary</i>	<i>Piano</i>	
<i>Instrumental - Orchestra</i>	<i>Piano Pedagogy</i>	
Jazz Studies (instrumental, arranging, or vocal emphasis)	<i>Voice</i>	

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, list the majors you have not crossed off:

- 1.
- 2.
- 3.
- 4.

*Teacher Certification Available

LET'S REFLECT

NOW THAT YOU HAVE NARROWED DOWN SOME MAJOR OPTIONS, LIST THEM IN THE SPACE BELOW. THINK BACK ON YOUR VIPS. CHECK OFF A BOX IF YOUR NEW MAJOR INTEREST AREAS ALIGN WITH YOUR VALUES, INTERESTS, PERSONALTY, 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 AREAS CHECK OFF THE MOST BOXES! HOW DOES THIS MAKE YOU FEEL ABOUT YOUR MAJOR CHOICES?



CAREER RESEARCH WORKSHEET

Choose the top two majors that best fit with your VIPS. Let's research career options for both of these majors using resources listed on the UNT Exploring Majors Website!

RESOURCE 1: WHAT CAN I DO WITH THIS MAJOR?

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

Look through each tab listed on your chosen major page. Which 3 Common Career Paths interest you the most? What employers are listed for this career path?

What is the most helpful advice in the "Getting Started and Advancing in Major" Section?

RESOURCE 2: OCCUPATIONAL OUTLOOK HANDBOOK

[HTTPS://WWW.BLS.GOV/OOH/](https://www.bls.gov/ooah/)

Pick one of the Common Career Paths to research further. Enter this career into the Occupational outlook handbook search bar and pick the most similar job title. List three tasks mentioned under the "What do they do" tab. What are the 3 most common work environments for this career?

RESOURCE 3: O*NET

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

Enter another Common Career Path into the Occupation Keyword Search and choose the most similar career option. List the top 5 "Detailed Work Activities" and the top 3 values listed under "Work Values."



WHAT'S MY NEXT STEP??

STILL FEELING UNDECIDED?

Make an appointment with an Exploring Majors Advisor through Navigate!

DECIDED ON A NEW MAJOR?

Make an appointment with the advisor within that college to officially change your major and schedule coursework!**

CONFUSED ABOUT CAREER OPTIONS?

Make an appointment with the Career Coach within your new major. Schedule on Navigate or through Handshake

MY NEXT ADVISING APPOINTMENT:

Advising Office:

Date:

Location:

Keep in Mind**

If you would like to change your major to the:

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: You will need to audition and be accepted before you can meet with the College of Music Advisors. Find more information here: <https://music.unt.edu/admissions/undergraduate>

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





ADDITIONAL RESOURCES

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>

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](https://studentaffairs.unt.edu/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](https://frisco.unt.edu/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-offices>
- 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>