

Thursday, January 24, 2008

## ARC helps students choose a major

Oakland University students who are having trouble choosing a major or finding a career path have a resource at their disposal for making such decisions. The **Advising Resource Center** (ARC), located in North Foundation Hall, can help. Through assessments, career counseling, and workshops, students learn about themselves and use that insight to explore potential majors and careers. The ARC is dedicated to helping students make informed decisions by answering questions and assisting students in taking steps to explore what is available.

In addition to providing academic advising services for undecided students, the ARC also provides career counseling services to all students. This service is offered at no cost to OU students. Students may schedule one-on-one appointments and attend workshops offered by the ARC. ARC advisers/counselors assist students in understanding their personality, interests, values and strengths and how to utilize career resources to identify major and career options.

This semester, the ARC is offering a number of major and career exploration workshops including:

- **Career Expedition: Four Session Workshop Series**

In this workshop series, students will take assessments that link their personality and interests to potential major and career options, utilize online resources, and create an action plan to help them achieve academic and career goals.  
Tuesday, Jan. 29, Feb. 5, 12 and 19, noon to 12:50 p.m., North Foundation Hall Room 121

- **Who Are You? Connecting your Personality with Careers**

This workshop will help students learn how their personality matches with different career options. Through a variety of group activities, students will gain insight into how they interact with others, process information, make decisions and organize their world. This workshop is great for students who are beginning their career exploration process.  
Wednesday, Jan. 30, noon to 12:30 p.m., Oakland Center Lake Michigan Room

- **What Can I Do With a Major in...?**

Wondering what careers are related to specific majors? This interactive workshop will utilize Internet resources to help students explore career options. Students will learn how to research majors and occupations in order to better understand job responsibilities, educational requirements, salary and job outlook.  
Thursday, Feb. 21, noon to 12:50 p.m., Kresge Library Room 225 A

- **So Many Choices... How Do I Decide on a Major?**

Once students have learned more about majors, occupations, and themselves, they can make a well-informed decision. The activities in this workshop will guide them through the decision-making process and help students develop short and long-term goals for their education and career.  
Wednesday, March 19, noon-12:50 p.m., Oakland Center Lake Michigan Room

Students can register for any of the events from the **C.L.A.W.** Web site.

For more information on the services available from the Advising Resource Center, or to set up an appointment to meet with an adviser, visit the **ARC** Web site or call (248) 370-3227.

### SUMMARY

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