

guide to

CAREER COUNSELING



PREPARATION

Be proactive in exploring: Deciding on a major or career is a process that takes time; it is never too early (or too late!) to begin.

Determine your strengths, interests, values, abilities and skills: by gaining experiences (class, work, etc.) and then reflecting on them.

Try not to get overwhelmed by all of the information and options: You do not have to choose your lifelong plan right now!

What are benefits of career counseling?

Career Counseling at the MU Career Center provides individual counseling on a wide range of career, academic, and social issues. Career issues may be clients' initial concern, but academic and personal issues may emerge in counseling and can be discussed and explored as well.

If you are... trying to decide on a college major or graduate education, considering a new career, or are feeling overwhelmed, Career Counseling is the place for you! We help all MU students, alumni, faculty/staff and community members.

WHAT TO EXPECT

Career Counselors provide the individual attention you deserve. They will provide you with one-on-one sessions to explore your interests and options, and acquaint you with the resources within the Career Center.

Help with exploring and learning about a wide variety of career, academic, & personal/social issues.

In-depth career self-assessments to help you reflect and understand your skills, abilities, interests, talents, and values.

Career and personal goal identification and help creating motivational strategies and action steps toward these goals.

Assistance through career transitions and decisions.

Opportunities to discuss other related topics you would like to talk about when meeting with us.



Career Center
University of Missouri

Lower Level
Student Success Center

(573)882-6801
career.missouri.edu
career@missouri.edu



HOW TO SCHEDULE A CAREER COUNSELING MEETING

Getting Started: MU students can visit the Career Center or sign up through MU Connect for an initial 30-minute intake session (use the Services Tab and search for "Career Counseling".) Visit our website to learn more, sign up, and find an initial Intake Form for your first session: <https://career.missouri.edu/majors-careers/career-counseling/>

Career Counseling is FREE for MU students. Non-MU students, including faculty, staff, alumni, and community members can utilize career counseling services for a small fee.

Counseling services are available during the **fall and spring semesters**.

For questions, more information, or to schedule a Career Counseling appointment, email CareerCounseling@missouri.edu, call 573.882.5469, or visit the MU Career Center for assistance.

INVESTIGATE MU ACADEMIC DEGREE PROGRAMS

EXPLORE ALL MAJORS

Explore all MU majors at <http://majors.missouri.edu>. Explore by interest, career path, school/college, and more. Note which majors you are interested in exploring further. This online resource also has all the requirements needed for majors, minors, and certificates, as well as links to information about common career paths.

MEET WITH AN ADVISOR

Meet with an advisor in the **Discover Center** if you are exploring or considering changing majors. Visit <https://discoverycenter.missouri.edu> for more information about majors at MU and to schedule an appointment.

TALK TO ADVISORS AND FACULTY MEMBERS

Advisors in your college can give you specific information about majors and scheduling courses to pursue specific degrees as well as potential career options you might pursue with that degree.

RESEARCH OCCUPATIONAL INFORMATION

View online resources. There are a number of online resources that provide up-to-date information about majors and careers but sorting through all of them can seem overwhelming. Here are a few resources we've explored and suggest you begin your search.

MU CAREER CENTER WEBSITE

<http://career.missouri.edu>

Try starting with the section on *Majors & Careers* → *Identify Interests and Strengths*. Here you can take Focus2, a FREE online career assessment that allows you to search for occupations and majors that fit with your interests, values, skills and personality. Information about more self-assessments and resources are located here, as well.

OCCUPATIONAL OUTLOOK HANDBOOK

<http://www.bls.gov/ooh>

O*NET

<http://online.onetcenter.org>

next steps:

Talk with a Career Specialist for one-on-one assistance: <https://career.missouri.edu/connect>
Check out more resources at <https://career.missouri.edu> > Resources tab