



## CAREER *services* CENTER

PHONE 513-745-3141

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XAVIER  
UNIVERSITY

# SELECTING A MAJOR

## ASSESS YOUR VALUES, SKILLS, AND INTERESTS

- Meet with your academic advisor. Talk about your career interests and learn about courses that match them.
- Take your core curriculum classes. Broaden your experience by exploring a variety of subjects through introductory courses
- Learn how to study effectively. Strengthen your time-management skills. Check out the Learning Assistance Center (LAC). Future employers will want to see a strong academic record.
- Use computer programs to identify career choices. Meet with an Assistant Director in the Career Services Center to learn how to take the FOCUS II Career Assessment to discover your skills, values, interests, and personality to match them with careers that are right for you.
- Get feedback. Ask friends, family, advisors, professors, or employers who are familiar with your unique skills and characteristics to help identify your strengths.
- Explore the Career Services Center website. Go to [www.xavier.edu/career](http://www.xavier.edu/career)
- Consider a part-time job. Work experience will help you identify work-related values and explore your interests.

## HELPFUL CAREER RESOURCES

Located in the Career Resource Library, 310 Gallagher Student Center

- *What Color is Your Parachute?*
- *I Could Do Anything if I Only Knew What it Was: How to discover what you really want and how to get it*
- *Do What You Are: Discover the Perfect Career for You through the Secrets of Personality Type*
- *Occupational Outlook Handbook*
- *O\*NET Dictionary of Occupational Titles*
- *Living your Strengths: Discover your God-Given Talents and Inspire your Community*
- *Build Your Own Ladder*