

# EXPLORE

Choose your major.  
Chart your future.



MESSIAH  
UNIVERSITY

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Many students enter college with questions about what major is best for them as well as how college will ultimately prepare them for their futures. At Messiah University, we are ready to walk alongside you on this journey of exploration, discernment and decision-making. To do this, we have developed a comprehensive network of resources and tools known as Explore U.

**Are you ready to join us?**

*You can get started on several of these steps now. The journey will continue when you get to campus!*



## STEP 1

# Get connected

- **Attend an Explore U session** at an Open House event.  
[messiah.edu/openhouse](https://messiah.edu/openhouse)
- **Meet with faculty in your department for academic advising** during an Accepted Student Preview Day.  
[messiah.edu/aspd](https://messiah.edu/aspd)
- **Get to know resources and tools** on the Explore U website.  
[messiah.edu/explore-u](https://messiah.edu/explore-u)



## STEP 2

# Assess your skills and interests

- Read through and complete the exercises** in the Explore U: Choosing a Major Guide found on the Explore U website.  
*messiah.edu/explore-U*
- Take the self-assessment inventory, FOCUS**, available through the Career and Professional Development Center (CPDC), to gain insight into how your strengths and interests are compatible with academic majors and future career paths.  
*messiah.edu/focus*
- Schedule an appointment** with a career coach in the CPDC to discuss your FOCUS results.  
*messiah.edu/explore-U*

Check out the career studio space!



## STEP 3

# Explore options

- Check out required courses** in your majors of interest on our academic program websites.  
*messiah.edu/majors*
- Schedule an individual visit** through the Office of Admissions to meet with faculty that teach courses for majors in which you may be interested.  
*messiah.edu/visit*
- Explore career options** through the “What Can I Do With a Major In...?” resource on the CPDC’s website.  
*messiah.edu/careercenter*
- Consider job shadowing** professionals who are working in occupations that interest you.



## STEP 4

# Try it out

- Register for a course** in a major that you are seriously considering.
- Connect with a student club or organization** to explore interests related to academics, campus activities, culture, faith, service and/or athletics.  
*messiah.edu/clubs*
- Check in regularly with your academic advisor.**  
When you're ready, they'll help you declare a major.  
(Don't worry. It's OK if you change your mind!)
- Talk with a Messiah career coach**  
about potential internships or other related experiences.



## STEP 5

# Keep moving forward

Keep in mind that discerning your interests and future career path is a process. Through evolving self-awareness, exploration and testing out ideas, your plan may shift or change. That's completely natural! Stay flexible and take advantage of the rich resources and support persons who are ready to walk alongside you on your path to purposeful work.

- ❑ **Check out the Career and Professional Development Plan** through the Career and Professional Development Center to get a comprehensive view of resources and opportunities to help you achieve your future goals.

[messiah.edu/careercenter](http://messiah.edu/careercenter)





## Questions?

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**For questions or appointment requests related to Explore U career coaching,** please email Ashley Jones, director, at [ajones@messiah.edu](mailto:ajones@messiah.edu) or call the Career and Professional Development Office at **717-691-6016**.



**For questions or appointment requests related to Explore U academic advising,** please email Gladys Robalino, Ph.D., director of undergraduate academic advising, at [grobalino@messiah.edu](mailto:grobalino@messiah.edu), or call the Office of Undergraduate Advising at **717-796-1800, ext. 7033**.

your possibilities  
**see anew**

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