The Your Major Workshop is setup as a hybrid workshop with portions in Canvas as an online, self-paced learning environment and others in-person during a on-campus session. Upon completing each module, the next module will open for students to complete. Each module is designed to teach a different element related to the career decision making process and will allow students to learn more about themselves, the process of exploring careers and majors, higher education, and informed decision making. The learning process will take place through video presentations, online resources to explore, career assessments, and activities or worksheets to complete. We ask that the online modules be complete before the scheduled in-person session where the students will meet with a career counselor for individual assistance and result interpretations, as well as representatives from the different colleges of interest.

LEARNING OUTCOMES

Upon completing this workshop, students will be able to:

- Navigate the career and major exploration process
- Enhance self-awareness through self-assessments
- Discover career options and specific majors available at Auburn University
- Utilize a variety of resources to explore and gather information needed to make an informed decision
- Evaluate career options based on professional interests, personality, skills, and values

COURSE MODULES & STRUCTURE

Module 1: Prepare- Know College | Online
Module 2: Thrive- Know Yourself | Online
Module 3: Adapt- Know Change is Inevitable | Online
Module 4: Explore: Know Your Options | In-Person
Module 5: Engage- Know Your Next Steps | In-Person