Countless studies illustrate the connection between college majors and personality. Students who choose majors that fit better with their personalities are much more likely to do well in their classes, graduate, and enjoy their college experience. Such students are also more likely to go into career fields that they find satisfying and fulfilling.

There are three main components to matching your personality to your major and career choices: skills, interests, and values. When all three are taken into account, students are in a much better position to make the most informed career decisions.

Last semester’s major and career workshop focused only on interests. This semester’s workshop will take the process a step further and focus on discovering and utilizing your skills to further inform your major and career decisions.

Additionally, TRiO has recently acquired a new assessment tool, the Kuder Career Planning System, which helps students to explore all three of these personality components: skills, interests, and values.

The decisions you make now will have far reaching consequences. Why not make sure you have the complete picture—all the necessary information—before making such decisions?

**Career Exploration Workshop: SKILLS**

Learn how to utilize your skills to help find majors and careers that are most compatible with your strengths.

The Major and Career Explorations Workshop: Skills, is **TODAY**, Monday, February 20, in the Baxter 100 computer lab.
Introducing the Kuder Career Planning System!

Know and Use Your Skills, Interests, and Values: Career Exploration!

Your interests can provide large clues as to what major and career would be a good fit for you. However, being interested in something does not indicate whether or not you are skilled in that particular interests.

For example, you may be interested in the medical field, but you may struggle with chemistry and physics courses. You can improve these skill, but you may feel like you are always working against the grain. In this case, you may not be utilizing—or even aware of—your strongest skills. The new TRiO career assessment tool, the Kuder Career Planning System, will help you to become more fully aware of both your interests and skills, as well as how these two aspects of your personality interact.

But even interests and skills are not enough. Your values provide a third and equally important piece of the puzzle in helping you to make more fully informed major and career decisions.

Interested in exploring your skills, values, and interests to help in your major and career quest? Contact Jason Stalides—217-291-1621; jason.stalides@ic.edu—for more information!

TRiO Writing Workshop/Tutor Session: Tuesday, February 21st!

Receive help with your writing assignments AND fulfill your TRiO tutoring requirement for the semester!

Our second TRiO writing workshop/tutoring session is on Tuesday, February 21, from 9 a.m. to 11 a.m., in the Baxter 102 computer lab!

Feel free to come by ANYTIME during the available hours to receive help with whatever writing project you are working on!

Upcoming Workshop: Financial Literacy

The first workshop of our Financial Literacy Workshop Series is March 15th from 4:00 to 5:00 p.m. in Kirby 108. The workshop will be presented by Illinois College Accounting Professor, Nausser Jamali.

The next two financial literacy workshops will be on March 22nd at 4:00 and March 27th at 7:00 p.m.

TRiO students are required to attend one of the three financial literacy workshops this semester. Furthermore, attendance at a financial literacy workshop is required in order to be eligible for the TRiO Grant Aid Scholarship, which will be awarded toward the end of this semester.