Students tend to feel pressured to declare a major and commit to a career early in their college experience. They are bombarded with “what’s your major?” and “what are you going to be when you grow up?” questions from friends, parents, professors, and relatives. This pressure can result in students making rushed, uninformed decisions that may negatively impact the course of their lives, and subsequently, their livelihoods. Long story short: it is more than OK not to know what you want to major in. In fact, it is much more common for college freshman and sophomores to be undecided. The key, no matter how sure or unsure you are about your future career path, is healthy exploration, which entails an honest self-evaluation of your values, interests, personality, and skills.

So do yourself a huge favor: explore different major and career paths in order to make informed decisions that utilize your strengths and passions!

Major and Career Exploration Workshop

The workshop is this Thursday, October 27, at 4:30. The room has been changed to Kirby 244.

Space is limited, so be sure to RSVP to jason.stalides@ic.edu if you plan to attend.

A complete workshop listing for the fall semester can be found at http://www.ic.edu/RelId/622610/ISvars/default/Fall_2011_Workshop_Series.htm.
Staff Guest Column: Susie Drake, Career Services Director

Major Decisions

Are you undecided on your major? Or still deciding what you’ll do for a career with a major you have already selected? The exploration you can do in making these major decisions can be a fun and interesting journey. The Office of Career Services offers a webpage that can give you a lot of insight on careers to consider based on major. The page is called, “What Can I Do With This Major” and can be found on the Career Services page of the IC website (http://www.ic.edu/careerservices).

Most students are not really sure what different types of careers can be options, and this website can open the door to a wealth of ideas. It is often hard work to make these major decisions, and the Office of Career Services would be happy to assist you as you contemplate your choices. We understand it is stressful to be undecided when you want to have a plan, and we can help you lift this load from your shoulders.

The New Academic Counselor’s Resource Page!: Quick Feedback

Our new Academic Counselor’s Resource Page is now up and running: http://www.ic.edu/RelId/622664/ISvars/default/Counselor's_Resource_Page.htm. It is intended to be a webpage that will continually evolve to better meet the needs of TRiO students. It currently features a self-explanatory Contact an academic counselor for immediate help and feedback! link. There are also links to important campus resources, to help students find the help they need faster. More content will continually be added based on current events, like the Major and Career Exploration Workshop, and feedback from student. So be sure to bookmark the page and let us know what else you would like to see on the page—what would make it more useful and user-friendly for you?

$$ Name the TRiO Room Contest: Early Results $$

Apparently, only few of you are interested in winning a $25 gift card!

But names ARE slowly trickling in. Early contenders include “Abe’s Study Emporium,” “True TRiO,” “Yoda’s Hut,” and “Jim.”

But none of the suggested names seems to satisfy the masses.

Simply put, we need more names! So send your submission to Jason Stalides—jason.stalides@ic.edu; 217-291-1621.

As soon as we have enough names, we will start the voting process. So get yours in soon!!
The Strong Interest Inventory

A Career Exploration Assessment Tool: Can You Guess Your Top 3?

The assessment takes your top three interest-based working personalities (also know as your RIASEC code) and matches it with the interests of current professionals working in the field, in careers they enjoy and are good at.

RIASEC is an acronym for Realistic, Investigative, Artistic, Social, Enterprising, and Conventional. These various descriptors represent “working personalities”.

Based on your top three working personalities, the assessment suggests several careers that may be a good fit for you. This highly regarded, heavily researched, and fairly expensive assessment is offered to all IC free of charge. You can access the assessment by following the instructions at http://www.ic.edu/RelId/606987/ISvars/default/Career_and_Graduate_School_Exploration.htm. Contact Susie Drake—sdrake@ic.edu; 217-245-3041—for more information. It’s an excellent way to START the major and career exploration process!

TRiO Tip of the Week

“The more information [students] are able to gather through career-based learning experiences, the more likely it is they will be able to find and commit to occupations that are most congruent with their newly emerging self-concepts.”

~Jantzer, Stalides, & Rottinghaus, 2009

Contribute to the Tribune!

We are always looking for feedback about the newsletter and the TRiO program, as well as more stories from TRiO students about their experiences adjusting the college life, including successes, challenges, and just about anything else you may want to share.

We will also continue to feature guest columns from faculty and staff.

Contact Jason Stalides—jason.stalides@ic.edu, 217-291-1621—for more information!

Next Issue:

• Special ‘Mid-Semester’ Issue!

• Mid-Semester Self-Check: A time for honest reflection: what’s worked, what hasn’t, and what changes can you implement?

• How to access your midterm grades

• Tips to help make the second half of the semester better than the first

• And more!