

# Major and Career Exploration Resources for Instructors

## Advising and Transition Academic Programs FAQs

Q: What is academic advising?

A: Academic advising is a collaboration between a student and an academic advisor. Through teaching and learning experiences, the student sets goals, acquires information and services, and makes decisions consistent with interests, goals, abilities and degree requirements.  
<https://catalog.tamu.edu/undergraduate/general-information/services/#sfs-academic-advising>

Q: Where can I find my academic advisor's contact information?

A: <http://studentsuccess.tamu.edu/Academic-Advising>

Q: I am worried I chose the wrong major, where do I go to find out about changing majors?

A: Start by meeting with your current academic advisor. If you decide to change major outside of your department or college, Transition Academic Programs' advisors can assist. General Studies is TAP's temporary, transitional major designed to accommodate students needing one or two semesters to complete coursework necessary for entrance into a specific major course of study. Not sure what careers you are interested in? We recommend visiting the Career Center or Counseling & Psychological Services (CAPS) for Career Counseling first. Career Center: <https://careercenter.tamu.edu/> CAPS: <http://www.caps.tamu.edu/career>

Q: What type of student participates in General Studies?

A: Any student that is looking to transition from one major to another and wants to discuss change of major opportunities.

Q: Where is Transition Academic Programs (TAP) located?

A: TAP Advising is located on the 3<sup>rd</sup> floor of Hotard Hall. We are open Monday – Friday from 8:00 a.m. – 5:00 p.m. Visit our website for advising hours: <http://tap.tamu.edu/Buttons/Make-an-Appointment>.

Q: What type of programming is available for me in TAP if I don't know what I want to do with my life?

A: The Explore Program will be able to help you identify realistic majors that match your interests and personality. Visit this website to learn more: <http://tap.tamu.edu/Programs/Explore-101>.

Q: How do I schedule a meeting with an advisor in TAP?

A: Visit our website for advising hours and information on how to reserve an appointment: <http://tap.tamu.edu/Buttons/Make-an-Appointment>. Please note: During pre-registration our office will experience higher advising volume and we will switch to walk-in advising.

Q: When and where can I apply to be in General Studies?

A: The applications are available on our website [tap.tamu.edu](http://tap.tamu.edu). Please read directions carefully, as first term students should complete the Fish Form. Application timelines vary; please check the TAP website for more information.

Q: Is it possible for me to change major to General Studies if I am below a 2.0 GPA?

A: Please visit with a TAP academic advisor to discuss realistic change of major opportunities.

Q: Can I change to any major I want or do I have to meet certain requirements?

A: Each major at TAMU has specific requirements that must be completed before you can apply to change major, visit the Change of Major page for information: <http://tap.tamu.edu/Change-of-Major2>. Visit a TAP academic advisor to make a plan.

Q: Will I be able to graduate on-time if I switch to General Studies?

A: Of course! All General Studies students have an opportunity to graduate on-time.

## Explore Program FAQs

The Explore Program, created by Transition Academic Programs, helps students who are undecided choose a field of study that meets their academic and career goals. The Explore Program takes a comprehensive approach by identifying strengths, best majors, and mental resilience skills to ensure the major students choose contributes to their long-term academic success. The program accomplishes this through exploration assessments, workshops, individual advising, group advising, and traditional courses. Students can choose any combination of these tools to complete the Explore Program.

Q: Where do I register for the Explore's 0-credit hour UGST-181 course of health, science, management, education, or arts?

A: To register for one of the Explore courses please [register in Howdy](#).

Q: What type of students participate in the Explore programs?

A: Students uncertain of their major who are seeking to find their best major.

Q: Is it possible to register for Explore programs if the student is not in General Studies, Gateway, or TEAM?

A: Yes, all students uncertain of what major to choose and seeking reassurance of their current major are welcome to participate. Please email Explore at [explore@tamu.edu](mailto:explore@tamu.edu).

Q: Where are Explore programs usually held?

A: Meeting rooms are in the [MSC](#) or [Hotard Hall](#).

Q: If a student is seeking to meet with an adviser individually, how does the student schedule a meeting?

A: Please email Explore at [explore@tamu.edu](mailto:explore@tamu.edu) with the best dates and times for an individual Explore advising meeting.

## Counseling & Psychological Services (CAPS) FAQs

Q: How can CAPS help me?

A: At CAPS we offer a variety of different services to students, including group counseling, individual counseling, workshops, couples counseling, career counseling, and limited psychiatric services. Our services are goal-oriented and brief in nature. In your first appointment, you and a counselor will work together to determine an appropriate service based on your specific needs. To learn more about our services visit: <https://caps.tamu.edu/services>.

Q: How can CAPS help me if I am struggling to know what major or career field to pursue?

A: Career counseling is offered to assist students in identifying the steps in their career development and exploration. Counselors at CAPS help students manage the concerns and stress associated with making career decisions, address personal issues that may contribute to decision-making difficulties, and utilize career assessments and resources more effectively. At CAPS we offer several major and career exploration tools; two of the most common are the Strong Interest Inventory and Myers-Briggs Type Indicator. To learn more about our career counseling services visit: <https://caps.tamu.edu/career>.

Q: What if I want to start the major/career exploration process on my own without having to come in to see a counselor?

A: There are many self-help tools available to you. They are as follows:

- **Focus 2** is a self-guided, interactive career planning program designed to help you explore college majors and plan your career based on your interests, values, skills, personality and professional goals. This tool is free to Texas A&M students. Visit: <https://caps.tamu.edu/focus>.
- **SIGI 3** is a detailed decision-making model offered free to Texas A&M students by the Career Center. It gives guidance on selecting a major and finding occupations related to your major and interests. Visit: <https://careercenter.tamu.edu/current-students>.
- **O\*NET OnLine** has detailed descriptions of the world of work for use by job seekers, students, researchers, and more! Visit <https://www.onetonline.org/> to start exploring.
- **O\*NET Interest Profiler** can help you find out what your interests are, how they relate to the world of work, and what kinds of careers you might want to explore. Visit: <https://www.mynextmove.org/explore/ip>.

Q: How do I set up an appointment to talk with a counselor?

A: At CAPS we talk with students in crisis and routine situations. The best method for connecting with a counselor depends on your situation.

- **Crisis** - For life threatening or significantly life altering crisis situations, we offer walk-in crisis services that are available during business hours Monday – Friday. **No appointment needed; just arrive at our location at the Student Services Building off of Military Walk, across from the MSC.**
- **Routine** - If not in crisis, you can schedule an appointment using our online registration link at <https://caps.tamu.edu>. If you have any problems with the registration process, please contact us at **(979) 845-4427**.

- After-hours support - We additionally offer HelpLine, the after-hours mental health service for Texas A&M University, which provides support, information, crisis intervention, and referrals to students as well as those concerned about students. The phone number is **(979) 845-2700 (V/TTY)** and is located on the back of your Student ID.

Q: Do I have to pay for services at CAPS?

A: There is no additional charge for services for students enrolled in the current semester, since services are included in the University Advancement Fee. However, there is a \$25 bridge charge to receive services during the summer months for currently enrolled students who are not taking summer classes. **Additionally there is a \$25 charge for no-show/late cancellation for counseling appointments and a \$50 charge for no-show/late cancellation for all psychiatric appointments.**

Q: Where is CAPS located?

A: CAPS is located in the **Student Services Building off of Military Walk, across from the Memorial Student Center (MSC).**

## Library FAQs

Q: What are the library hours?

A: Library hours vary by location. You can visit <https://library.tamu.edu/about/hours.html> to find all of the libraries hours posted by week. Hours will vary during interim, finals, and summer time periods.

Q: How do I book a study room in the library?

A: Evans, MSL, and BLCC all have study spaces available for reservation. To reserve a study room at one of these locations, visit <https://library.tamu.edu/studySpaces>. Study rooms are available for a maximum of four hours a day.

Q: You don't have the book/article/item that I need. Can you get it?

A: Yes, we can acquire materials for you through Interlibrary Loan. From the library website (<http://www.library.tamu.edu>) select the Quick Links box and click on Get It For Me (ILL). You can fill out a form to request the material you need. It typically takes 2-3 business days to fill a request for a digital item and 5 business days to fill a request for a physical item.

Q: Can I get textbooks from the library?

A: The library has some textbooks on course reserve. These materials can only be checked out for two or four hours at a time. Not all textbooks are available through course reserves. You can check at the AskUs Desk or ask your professor if your specific textbook is available through course reserves.

Q: How can I get help from the library?

A: You can ask for help in person by going to the AskUs Desk at any of the library locations. You can also call us (<https://library.tamu.edu/about/phone.html>), email us (<https://askus.library.tamu.edu/contact/index>), or chat with us online (<http://askus.library.tamu.edu/>).

## Career Center FAQs

Q: How can the Career Center help me choose a major and/or career?

A: The Career Center has a Career Advisor specifically for students who are questioning their major and/or career. If you are having difficulty choosing a major, you are unhappy in your current major, or you “have no idea what you want to do with your life,” call to make a one-hour appointment with the Career Advisor at 979-845-5139. If you are enjoying your major, but are not positive about your career path, you can speak with your major’s Career Advisor by calling the same number. Additionally, you can learn more about Texas A&M’s major, and the types of careers they can lead to at [majors.tamu.edu](http://majors.tamu.edu).

Q: Does the Career Center offer self-assessments?

A: Yes! The Career Center provides a self-assessment called SIGI3. SIGI3 is an online assessment that is free, and can help you learn more about yourself and possible careers you might like. To take SIGI3, click on the following link: [tx.ag/sigi3](http://tx.ag/sigi3). Counseling & Psychological Services offers additional self-assessments that you can take for free. Read their FAQ section to learn more.

Q: How do I set up an appointment to talk with a Career Advisor?

A: The Career Center has a Career Advisor for every single major, who you can meet with individually. Call the Career Center front desk at 979-845-5139 to set up an appointment with your Career Advisor.

Q: How can the Career Center help me get a job or internship?

A: We can help you in multiple ways! You can bring your resume and/or cover letter to walk-in advising hours, Monday-Friday, 1:30-4pm in Koldus 209 (the Career Center). You do not need an appointment! You can also meet with your major’s Career Advisor to talk about different ways to find a job, how to negotiate salaries, career fair or interview preparation, and more.

Q: What types of workshops and events does the Career Center offer?

A: The Career Center offers a variety of workshops on topics including exploring majors/careers, interviewing, going to professional or graduate school, and much more. To learn about our workshops and events that might interest you, visit [careercenter.tamu.edu](http://careercenter.tamu.edu) and click on “Career Events.”

Q: What types of career fairs occur on campus?

A: Career fairs occur in the fall and spring, with the majority of them occurring in the fall. There are career fairs specifically for engineering, sciences, liberal arts, sales, industrial distribution, construction science, retailing, business, agriculture and life sciences, education, law school, graduate school and veterinary jobs/externships. To learn about career fairs that might interest you, visit [careercenter.tamu.edu/Events/Career-Fairs](http://careercenter.tamu.edu/Events/Career-Fairs).

Q: Does the Career Center provide help for those wanting to go to Professional or Graduate School?

A: Absolutely! We have a team of professionals ready to assist you with going to veterinary, medical, dental, law, nursing, occupational therapy, pharmacy, physical therapy, physician

assistant and graduate school. For help going to Professional School, call the Professional School Advising Hotline at 979-847-8938 to make an appointment. You can also visit [tx.ag/psahandouts](http://tx.ag/psahandouts) to read online about information for going to professional school. For help going to graduate school, call the Career Center front desk at 979-845-5139 to make an appointment.

Q: Where is the Career Center located?

A: The Career Center is located is 209 Koldus, across from Rudder Tower and the MSC. You can go through the main doors, up to the second floor, and to the left side of the building.