

# User Guide

*For*

## IN SEARCH OF A COLLEGE MAJOR & CAREER DIRECTION



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## To the teens and young adults going through this program:

Before viewing the DVD, print a copy of this User Guide and have it in front of you, along with a pen or pencil, so you can follow the video one segment at a time. This User Guide contains highlights from each segment along with activities for you to complete. Use the pause button on your media program to stop the video and complete the activities as directed. I'd suggest going through the program two or three segments at a time and completing the full program within one week.



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Through the DVD's main menu, you can go directly to a specific video segment or stop and replay or restart a segment. The DVD segments will play in the following order:

1. Introduction
2. You've Got the Power
3. Major Decisions
4. The College Major and Career Connection
5. Major Myths and Tips
6. Rate the College Career Center

There's an exciting world of college major and career possibilities out there. My goal, in developing this program, is to guide you in making decisions that are right for you and your future.

Once you're ready, pop in the DVD and let's get started!!

*Susan Posluszny*

#### **In Search of a College Major and Career Direction**

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Send program feedback and comments to Susan Posluszny at:

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## **1 – INTRODUCTION**

**Our ever changing high tech world offers a wide variety of exciting career possibilities to students as they prepare to enter the work force. The same is true with college majors...the choices seem endless. With so many options, how do you even begin to make your way?**

When you don't know where you are headed, resources like a map or compass help you make your way. This program will take you through a step by step process so that you can create your own personal road map to guide you as you move forward.



### **AS A RESULT OF GOING THROUGH THIS PROGRAM...**

**... you will be able to identify your interests, questions, and needs related to choice of a college major and career direction.**

**... you will learn about the College Major and Career Decision Making Process.**

**...you will get information and tools to support you in taking action towards a direction of your own choosing.**