

# Spring 2008 Workshops at the EXPLORATION Center



**Choosing A Major:** This workshop provides suggestions for beginning the process of choosing a major, and helps answer the questions What is a major? Why do I need one? Once I choose a major, then what? This workshop is geared toward freshmen who are completely undecided.

Wednesday, February 13                      3:30-5:00 -or-  
Monday, February 25                         3:30-5:00 -or-  
Tuesday, March 11                             3:30-5:00

**Career Exploration:** This **four-session workshop** helps students focus on personality style, interests, skills, and values, and ways to mesh this information together to make informed choices regarding career and academic goals. This workshop is intended for students who would like a better understanding about how majors, career goals, and their own personalities relate to each other and the world of work. **You must be able to attend all four sessions!**

Mondays, February 18, 25, March 3 & 10      3:30-5:00

**Decision-Making (with the MBTI):** Are you dealing with dozens of decisions? Do your decisions take into account your strengths, values, and interests? What else do you need to know in order to make academic, career, and personal decisions that best suit your life? Join us for a **four-part workshop** that explores decision-making through the lens of personality type (using the Myers Briggs Type Indicator). Whether you're researching careers, exploring majors, thinking about study abroad/internships/volunteering, working on time management, or just not sure what is what, this workshop is almost guaranteed to enhance your decision-making ability. Workshop will be personalized to participants. **You must be able to attend all four sessions!** *There is a \$15 charge for this workshop (to cover the cost of taking the MBTI).*

Wednesdays, March 5, 12, 26, & April 2      3:30-5:00

**Careers in Physical Therapy:** Do you wonder about the profession of physical therapy? Have you heard of a Doctor of Physical Therapy professional degree? In this session you can learn about the various aspects of physical therapy practice and the educational paths to becoming a physical therapist. There will also be time for questions.

Tuesday, February 12                             3:30-4:30

**Careers In Athletics:** Interested in working in athletics? Want to be an athletic trainer, sports agent, general manager of a favorite team, or athletic administrator? Come to this workshop to explore these and other athletics professions, and discover how UW-Madison can help prepare you for your career in the wide world of sports.

Tuesday, March 11                                 3:30-5:00

**Careers in Engineering:** Do you want to make a difference in shaping the world's future? Want to pursue a career in which you can have a tangible positive impact on human quality of life? This workshop will help you discover the opportunities available in a variety of engineering careers. Several women faculty from engineering will lead the discussion.

Refreshments will be provided.

Tuesday, March 4                                 3:30-5:30

**e-Tools for Major and Career Exploration:** There is a ton of great major and career information on the Internet. But where is it and how do you know if it's any good? Come to this workshop and find out! We will introduce you to many great resources, including online career inventories, interactive career exploration sites, and tools for researching majors.

Wednesday, April 2                               3:30-5:00

**Helping Professions:** Do you think you'd like a career in which you help others, but aren't sure what your options are? Learn about the variety of helping careers that exist and discover ways to figure out which is the best for you.

Tuesday, April 8                                 3:30-5:00

**Advanced sign-up required!**  
**To sign up call 265.4497 or stop by the EC today!!!**  
**6 Ingraham Hall**