

# CAREER & MAJOR EXPLORATIONS

## Mission

EOP provides comprehensive career services to support student's journey to declaring a major and pursuing a fulfilling career. We are committed to providing students with essential information needed to declare a major and create a path for success.

## Career & Major Support Services:

Our goal is to prepare students to make informed career and major decisions that align with their values, interest, and life aspiration. Our services include:

- Career & Major exploration through one-on-one & group advising
- Career Counseling
- Experiential Learning Opportunities
- Career Series Workshops and Events

## EOP Career & Major Advising

EOP Expressed Interest & Undeclared Students are required to complete one advising session per semester.

**Fall Semester:** During the fall students will meet with our counseling/advising staff to follow a plan for General Education (GE) and better understand Sacramento State's graduation requirements. Students are also provided with resources and referrals to aid in major and career exploration and guidance towards selecting their next semester's courses.

*Spring Semester: Students are required to attend a Career Exploration Workshop. Our workshops focus on impacted major/expressed majors, importance of back-up plans, experiential learning, and the career planning process. Students set goals and receive guidance towards selecting a major.*