CAREER AND MAJOR EXPLORATION

- Discuss your plans with a Career Specialist
- Take a career self-assessment
  - Missouri Card Sort ($Free), an interactive way to learn about new occupations and find themes to help make decisions
  - Self-Directed Search ($15), a paper-and-pencil inventory that focuses on your interests and abilities; it provides you with a detailed report of potentially interesting occupations and majors
  - Discover ($15), an online inventory to assess your interests, abilities, and values; helps you identify suggested occupations
- Research occupational and major information in our Career Library and online at http://career.missouri.edu and http://majors.missouri.edu
- Make an appointment with a Career Counselor
- Enroll in the 1 credit hour SSC 2100 Career Explorations course
- Explore the handouts available in our Career and Major Exploration series

STRENGTHSQUEST

- Work with a Career Specialist and your StrengthsQuest results to better understand your talents and ways to apply your results to your career and major decisions.
- Explore http://www.strengthsquest.com to learn how to achieve your career goals

RÉSUMÉ REVIEW

- Have a Career Specialist review your résumé, cover letter, or curriculum vita
- Explore the sample résumé binders available in our library and our online resources at http://career.missouri.edu/students/resumesInterviews

INTERVIEW PREPARATION

- Talk with a Career Specialist about interviewing tips, or schedule a custom mock interview
- Explore our handouts available in our Job Search Preparation series and additional resources available online at http://career.missouri.edu/students/resumesInterviews

JOB AND INTERNSHIP SEARCH

- Talk with a Career Specialist about job search strategies for part-time jobs, full-time jobs, and internships
- Search jobs, post your résumé, and connect with employers on www.HireMizzouTigers.com
- Locate a work study position on campus
- Explore the handouts in Job Search Preparation series and at http://career.missouri.edu/students/jobsInternships

GRADUATE SCHOOL

- Talk with a Career Specialist about your grad school application
- Explore the handouts available in our After College Planning series and information online at http://career.missouri.edu/students/grad-school
### Career Center Staff

#### Career Specialists
- Available without an appointment at the Career Center
- Staff of paraprofessionals who are well-trained on career resources
- Can provide guidance in your career and major decision making process

#### International Students' Career Services
- Speak with a personal consultant without an appointment
- Aid international students who are working or studying in the U.S.
- Available Mondays, Wednesdays, and Fridays from 11:00 am to 4:00 pm
- Access their online resources at [http://career.missouri.edu/ISCS](http://career.missouri.edu/ISCS)

#### Career Coaches
- Call or stop by the Career Center to set up an appointment with a coach
- Focused on motivation and life solutions
- Build a long-term relationship, as they are available for multiple appointments

#### Career Counselors
- Call or stop by the Career Center to set up an appointment with a counselor-in-training
- Offer holistic counseling approach and are available to discuss social, career, and personal aspects of your decisions
- Build a long-term relationship, as they are available for multiple appointments

### Additional Services

#### Career Explorations Course
Enroll in SSC 2100 to learn how your interests, abilities, and values factor into your career decision
- Become aware of and explore majors and careers you may be interested in
- Experience opportunities that will enhance your decision making process

#### Outreach Career Programming
Career Specialists are available to present to your group (2 weeks’ notice is required)
- Request a workshop for your class or organization on topics including StrengthsQuest, Major and Career Exploration, Résumé Writing, Interviewing, Job Search Strategies, and more
- Go online to [http://career.missouri.edu/faculty](http://career.missouri.edu/faculty) or call (573) 882-6801 to reserve a presentation

#### Community Member Services
Purchase a user pass that will give you access to most of our services including career exploration help, career counseling, résumé reviews, interviewing preparation, and job search assistance
- For alumni, a four-month user pass is $15; alumni have free access to [www.HireMizzouTigers.com](http://www.HireMizzouTigers.com)
- For MU faculty, staff, and family of MU affiliates, a four-month user pass is $15
- For other community members, a four-month user pass is $25

All of our services are free and available without an appointment unless otherwise noted.

Semester hours: Monday through Friday 9:00 am to 5:00 pm
Summer hours: Monday through Friday 12:00 pm to 4:00 pm
Closed during University Breaks