



MAJOR &

CAREER EXPLORATION WEEK

Discover | Decide | Define

October 13-17, 2025

Monday, Oct. 13 at 12PM-1PM

Major and Career
Exploration Workshop

Tuesday, Oct. 14 at 12PM-1PM

Am I in the
Right Major?

Thursday, Oct. 16 at 5PM-7PM

College Advising Panel
with NSM, Bauer, Technology &
Engineering

Friday, Oct. 17 at 12PM-1PM

Anxiety and Major
Transitions
with Counseling and Psychological
Services

RSVP for all events through Cougar Pathway.



University Career Services
Division of Student Affairs



Undergraduate Student Success
UNIVERSITY OF HOUSTON



MAJOR & CAREER EXPLORATION VIRTUAL WORKSHOP

Monday, October 13, 2025 @12pm-1pm
Microsoft Teams
RSVP in Cougar Pathway



Are you struggling to choose a major? Are you unsure what career path to take? This workshop will help guide participants in understanding the major exploration process and make decisions in relation to their major. RSVP through Cougar Pathway today!

Presented by



University Career Services
Division of Student Affairs



MAJOR & CAREER EXPLORATION WEEK

Am I in the Right Major?

🕒 Tuesday, October 14th at 12 PM-1 PM

🗣️ Virtual, Microsoft Teams

RSVP Cougar Pathway

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This Workshop is designed to help you explore your academic and career choices with confidence. In this workshop you will embark on a journey of self discovery and reflection.

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RSVP for all events through Cougar Pathway.



University Career Services
Division of Student Affairs

MAJOR & CAREER EXPLORATION WEEK

College Advising Panel

Join us for an interactive panel session where college advisors will break down the process of preparing to enter your major. You'll also hear from current students sharing their personal journeys—how they chose their major or career path and what it's really like day to day.

 Thursday, October 16th at 5 PM-7 PM

 Virtual, Microsoft Teams

 **RSVP** Cougar Pathway

Presented by:

Advisors from Natural
Sciences & Mathematics,
Bauer College of
Business, College of
Engineering and the
College of Nursing



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MAJOR & CAREER EXPLORATION WEEK



Anxiety & Major Transitions Workshop

When & Where

Friday, October 17th at 12 PM - 1 PM

Virtual, Microsoft Teams

About the Workshop:

Join UH Counseling and Psychological Services (CAPS) to explore how to manage your anxiety and strategies as you are making decisions about your major.

Presented by:

Karen Jubert, MEd, LPC-S, NCC,
SHE/Her, UH-CAPS Counselor

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