



Exploration

If you are wondering how you will narrow 100+ majors into one, you're not alone. UCO is a great place to explore majors if you are still undecided. There are many resources available to help you learn more about the majors and which ones might be the best fit for you.

Career & Major Exploration through the Career Development Center Career Coaching

You can meet with a Career Development Specialist to discuss your major and career options. Together you can decide what next steps are best for you. Schedule an appointment through your [Handshake account](#). We are open Monday-Friday, 8am-5pm.

Career Assessments

We offer three assessments in our office that can look at interests, skills, values, and personality preferences to see a variety of careers that might be best for you based on those responses.

- **FOCUS 2**

FOCUS 2 is a website that has different assessments on interests, skills, values, and personality available to you, the student. It is free to use and available anytime. If you would like to talk to a Career Development Specialist about your specific results, please set up an appointment.

- Login: [FOCUS 2](#)
- Click on New User image under the box
- When creating your account you will need Your Access Code: **careers**

- **MBTI**

- **Strong Interest Inventory**

If you are interested in learning about the MBTI and Strong Interest Inventory, please contact the Career Development Center to set up an appointment with a Career Development Specialist. These assessments are available for a nominal fee of \$20 each for current students and alumni.

Explore & Research Options

- [Guide to Choosing a Major](#)
- [What Can I Do With This Major?](#)
- [O'NET](#)
- [Occupational Outlook Handbook](#)
- [UCO Majors](#)
- [Meta Majors](#)
- [Undergraduate Catalog](#)