



Student Affairs Update



On Tuesday, March 27, the Career Resource Center (CRC) staff launched over 60 students into a journey of self-exploration that allowed them to reflect upon their career paths and academic majors. S.P.A.C.E. (Students Pursuing Avenues through Career Exploration) is a new and innovative program that the Career Development team at the CRC developed to meet the career exploration needs of undergraduate students, especially first and second year students.

Assessing Need

Prior to registering, students were asked to answer a few questions about their career explorations needs. Their responses, as shown below, confirm the need for career development programs such as S.P.A.C.E. that help students explore career and majors:



- 55% do not know how to gather information about careers they are interested in
- 65% do not know what academic major to pursue
- 76% do not know what career path to pursue
- 29% do not know what their interests are
- 47% do not know what their skills are
- 47% report that the major/career decision making process has had a negative impact on their mood
- 16% feel comfortable with the academic major they have chosen
- 6% feel comfortable with the career options they believe they qualify for
- 33% feel discouraged about the career opportunities they can pursue with their current majors

Student Panelists Share Experiences



S.P.A.C.E. participants had an opportunity to hear the stories of 4 student panelists who successfully navigated the process of career exploration and are on the verge of graduating and opening new chapters in their lives. Whether their journey of exploration and self-reflection has led them to being admitted to graduate programs at Harvard University and Georgetown University or a job offer at Morgan Stanley in New York City, one theme connected the panelists: they all boarded the

S.P.A.C.E. shuttle early and got involved with CRC programs their first year at UF. Many students commented after the panel session that listening to the panelists' stories helped them feel much calmer about choosing the "right" major and career.



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I hope to find my place at UF with the help of the S.P.A.C.E. program. Right now I feel pretty lost. I don't feel as if I know everything everybody else knows, and it's a bit intimidating to be among other students who are so focused when I am the complete opposite. I think that when I find my path and a major that I both love and feel secure with, that I'll achieve more as a college student. I've heard many great things about the S.P.A.C.E. Program. It has helped several of my friends make tough decisions regarding their major, and I hope that it will help me do the same.

UF Student

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*This publication is available in alternative print format upon request.

S.P.A.C.E. Missions

After the panel session, students had an opportunity to choose 2 out of 11 S.P.A.C.E. Missions that addressed career development issues ranging from finding their passion to international careers:

1. Who am I and What Should I Do with My Life?
2. Will I Be Able to Earn a Living with a Liberal Arts and Sciences Degree?
3. Staying on Track: Navigating Your Path to a Major
4. Preparing for Health Majors and Careers
5. Preparing for Law School
6. Preparing for Graduate School
7. Help! My Parents Want Me to Be an Underwater Basket Weaver: Family Pressures in Choosing a Career Path
8. Can't Wait to Get to Work in the Morning: Finding Your Passion
9. Bringing All of You to Work: Culture & Career
10. How am I Even Supposed to Make a Decision Anyway?: Career Decisions
11. Finding Work Abroad: International Careers Panel

Participant Satisfaction

The goal of the S.P.A.C.E. program is to help students gain awareness and confidence to make an informed decision about their academic major at UF and potential careers. Students responded favorably and felt that the program helped them learn more about themselves and the world of work to make this decision. A survey of program participants resulted in the following average rankings of satisfaction with the program (scale of 1-5 with 5 being the highest):

Overall satisfaction with sessions attended	4.28
Better awareness of the process of exploring a career/major	4.17
Increase in confidence about abilities to choose a major/career	3.60
Increase in confidence about ability to graduate on time.....	3.51

Looking Ahead

The universe of careers is vast and exploring it can be a long and intimidating process. Students who participated in the S.P.A.C.E. program discovered that their work was not done that evening. In fact, it had just begun for most of them. One student said the following in an exit survey: "It made me a bit more confused; however, it pointed me into a direction where to find help." Students are encouraged to engage in the exploration process as early as possible and visit the CRC to receive one-on-one counseling and guidance about their career exploration and job search needs.

