Backpack to Briefcase

Presented by:

Transition Academic Programs
Academic Success Center
Student Counseling Service
Career Center
College vs high school

Counselors/Advisors

“Take charge” and gives instructions vs allowing students to take the lead and seek guidance

Deadlines/Important Dates

Teacher informs and provides information vs professor gives students a syllabus
College vs high school

Assignments/Tests

Recall vs Ability to apply knowledge

Class Size

35 students per class vs
100 to 200 students per class
College is voluntary and each student is considered responsible and independent.

Take charge and ‘Gig Em!

Read the full article at tap.tamu.edu. Look on the bottom-left of home page. Article is provided by the Student Counseling Service at Texas A&M University.
General Studies

We help students in transition:

• Ensuring students know new change of major requirements

• Students who may be in between majors (i.e., “pit stop”)

• Informing students of alternative routes to meet career goals
Business-related major examples

Accounting
Agribusiness
Agricultural Communications & Journalism
Agricultural Economics
Agricultural Leadership & Development
Communication
Construction Science
Economics
Finance
Human Resource Development
International Studies
Management
Management Information Systems
Marketing
Psychology
Recreation, Park, & Tourism Science
Sociology
Sport Management
Supply Chain Management
University Studies – Business
University Studies – Environmental Business
University Studies – Leadership
And more!!!
Health and Pre Professional-related major examples

Animal Science
Biochemistry
Biology
Biomedical Engineering
Biomedical Sciences
Chemistry
Genetics
Health (Allied, Community, School)
Kinesiology – Dance Science
Kinesiology – Exercise Science
Microbiology
Molecular & Cell Biology

Nutritional Sciences
Psychology
Public Health
Sociology
University Studies – Biomedical Sciences
University Studies – Health Humanities
University Studies – Sports Conditioning
Wildlife & Fisheries Sciences
Zoology
And more!!!
Transition Academic Programs

300 Hotard Hall
tap.tamu.edu
979-845-5916
Ways to be a successful student: Time Management

• Go to class!
• 2-3 hours studying per credit hour
• Balance is key
• Get on a good sleep schedule

“I was shocked to find out that I had to study at least 30 hours a week for a 15 credit semester.”

“Don’t sign up for Netflix your first week of school. This is a personal tragedy and I am still recovering.”
Ways to be a successful student: 
**Studying**

- Actively read before lecture
- Use active study strategies
- Review notes daily
- Study at least 5 days in advance for exams
- Find a good study environment

“Breaking my studying down over 5 days instead of cramming 2 days before helped me see a huge improvement in my test scores.”

“I realized I was getting very distracted studying at home, once I started going to the library I was able to focus a lot better.”
Ways to be a successful student: Resources

• Seek help the moment you begin struggling
• Talk to your professors
• Know resources available on campus
  • Supplemental Instruction
  • Week in Review/Help Desk
  • Tutoring
  • Writing Center
  • StudyHUB

“I had no idea there were so many opportunities for tutoring on campus!”

“You are paying to go to Texas A&M, use all the opportunities that the school offers you.”
Academic Success Center Programs

- One-on-one Academic Coaching
- Supplemental Instruction
- Tutoring
- Courses and Workshops
- Transfer Student Programs

All you need to know is contact us: early and often…
Transitioning to Aggieland

- Be patient and give yourself time for the adjustment.
- Practice good time management and stress management.
- Make connections in class and take the initiative to talk to your professors.
- Utilize campus resources.
Exploring Majors and Career Paths

• How many of you know what career direction to follow after graduation?

• How do you know your best option?
Career Decision Making Process

• **Know yourself** – explore your interests, personality, values, strengths, and goals.

• **Research options and choose direction** – career counseling and assessment can help.

• **Make plans and take action** – consult academic advisors, professors, professionals, and access Career Center services.
Career Counseling at Student Counseling Service

- Individual Career Counseling

- Career Assessment Workshops
  - Strong Interest Inventory
  - Myers-Briggs Type Indicator

- **FOCUS 2** Online Career Self-Assessment and Planning Program
Student Counseling Service

• SCS also offers: personal counseling, group counseling, psychiatric service, crisis intervention, stress reduction, workshops, Helpline (979-845-2700)

• All SCS services are confidential

• To schedule an initial appointment or attend a workshop, please register at scs.tamu.edu
STUDENT COUNSELING SERVICE
TEXAS A&M UNIVERSITY

DIVISION OF STUDENT AFFAIRS

757 West Campus Blvd.
Near White Creek Apartments
scs.tamu.edu
979-845-4427
Any Major. Any Degree. Any Class.

• “One-stop shop” at the Career Center

Career services for ALL Current AND Former Students:
• Internships, Co-ops, Full-time jobs
• Professional or graduate school preparation
• Career and major exploration
• Resume reviews, Job search skills, and more!

HireAggies.com
Career Center services

- Explore your options
- Gain experience and skills
- Find jobs and interview
- Professional school advising
- Former student services
Explore Your Options

Walk-in Advising (no appointment needed):
• Monday-Friday, 8:30-11:00am and 1:30-4:00pm
• 209 Koldus Building

Career Advising appointments:
• Career Coordinators for EVERY major
• Call (979) 845-5139

HireAggies.com:
• Who Hires My Major
• Average Salaries
Gain Experience and Skills

Internships:
• Typically during summer
• Course credit possible; Usually paid

Cooperative Education (Co-op):
• Multiple work terms
• Receive course credit; Always paid

AggiExternships:
• 1-day visit to a company
• Day-to-day work of someone from your major
• Open to ALL colleges and majors!
Why work before graduation?

• Employers expect it!
• Increase marketability at graduation
• Confirm your major and career options
• Understand classroom theory vs. real world applications
• Potentially earn $$$
• Make employment contacts
• Develop confidence and professional skills
Find Jobs and Interview

HireAggies.com:
• Click on “Access HireAggies”
• Update your profile
• Apply and interview

2016-2017 stats:
• 4,250+ active companies; 63,000+ positions
• 19,000+ on-campus interviews
Professional School Advising

Become a competitive candidate when applying to professional schools:

• Dental
• Law
• Medical
• Nursing
• Occupational Therapy

• Pharmacy
• Physical Therapy
• Physician Assistant
• Veterinary Medicine

Contact our Professional School Advisors at 979-847-8938 or visit the Career Center website.
Former Student services

Aggienetwork.com:

• “Career Tools”

• “Find an Aggie”
  ○ Locate Aggies worldwide
  ○ Access contact information
  ○ Use as a networking tool
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  Hotard Hall
  (979) 845-5916
  tap.tamu.edu

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  209 Koldus Building
  (979) 845-5139
  careercenter.tamu.edu

❖ Student Counseling Service
  Student Services @ White Creek
  (979) 845-4427
  scs.tamu.edu

❖ Academic Success Center
  9th Floor Rudder Tower
  (979) 458-4900
  successcenter.tamu.edu