Major Exploration Program (MEP)

*MEP was designed and is coordinated by members of the Academic Advising Team in collaboration with the Career Center. Its aim is to assist first-year students in a purposeful exploration of possible majors.*

**September:** Meet with your Academic Advisor to discuss your interests. Learn about the majors offered at Emmanuel. Begin your research.

**Mid-October:** Attend the Exploring Student Event cohosted by the Career Center & Academic Advising staff.

**October/November:** Take the **iStartStrong** assessment and meet with your academic advisor to review the results. Then your academic advisor will serve as a liaison, in assisting you with contacting professors and visiting classes.

**November:** Meet with your Academic Advisor in order to register for spring courses that will help you to explore your interests.

**Spring Semester:** Continue your research and visit your Academic Advisor for further strategies to assist in your major choice.

**iStartStrong** → a self-paced, online, and interactive career and educational planning tool. This personalized report paints a clear picture of how one’s interests and themes link to various jobs, work settings, and career fields. Working with your Academic Advisor, you will begin to think about and discuss major and career options that are compatible with your iStartStrong results to better inform your academic path.