

## I'm still wondering if I should enroll ...

We think the course is beneficial. But perhaps the best evidence comes from recent first-year students:

*"This was the best course I've had this semester. It helped me figure out what I'm looking for in life."*

*"I thought I wouldn't get anything out of this class when I first started, but I was wrong. I learned more about myself than I ever thought I would! I was impressed with all the information I obtained."*

*"If you are undecided and worried about your major, this course will help you better understand your options and what is right for you. It gives a lot of information in every aspect like where to go and who to see. Most importantly, you learn about you."*

*"Take it! It's a good way to find out about various careers and what majors are related to those careers."*



**SHIPPENSBURG  
UNIVERSITY**

Office of Undeclared Students

Shippensburg University

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[webspaceship.edu/undeclared](http://webspaceship.edu/undeclared)

Shippensburg University is an equal opportunity educational institution. Direct requests for disability accommodations and other inquiries to the Office of Disability Services, Horton Hall 120, Shippensburg University, 1871 Old Main Drive, Shippensburg, PA 17257-2299, 717-477-1329, [ods@ship.edu](mailto:ods@ship.edu).

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# PACES

**Personal, Academic &  
Career Exploration Seminar**



**Are you prepared for the  
academic challenges ahead?**



**SHIPPENSBURG  
UNIVERSITY**

# Personal, Academic & Career Exploration Seminar

*“Everyone thinks I should major in \_\_\_\_\_, but I’m not sure. How can I find out if this major is right for me?”*

*“There are so many choices out there and so many things I think I would like to do. I’m afraid to make a decision. What if I chose the wrong major?”*

*“I would like to major in \_\_\_\_\_, but everyone tells me that I’ll never find a job if I choose this major. What should I do?”*

*“How can I find out more about the work world and where I fit in?”*

Students frequently ask these questions. Even those who have selected a major often have doubts about their choice. So many options, so little time! PACES can help.

*“Do I have what it takes to be successful in college?”*

*“I didn’t have to study in high school. Will college be the same?”*

Students are often unprepared for college level work. They were successful in high school but may become overwhelmed in college. Don’t take that risk! **PACES can help.**

## What is PACES?

The **Personal, Academic, & Career Exploration Seminar** is a voluntary, non-credit, career and first-year experience course that seeks to help you choose a college major that meets your skills, interests, and abilities, as well as prepare you for college level work. **PACES** provides you with a solid foundation of factual data concerning the current and future job market to help you plan your educational and career goals. **PACES** also helps you locate and use other important resources on campus so that you can make them an ongoing part of your career development experience at Shippensburg. **PACES** also provides insights into the skills of successful college students.

## What will I learn in PACES?

Upon completion of this seminar, you should be able to:

- understand yourself better in terms of values, interests, and abilities,
- complete a variety of self-assessments and apply the results towards choosing a major,
- locate and use career information,
- research specific careers about which you are interested,
- comprehend major- and career-related myths and realities,
- identify and explore career-related computer resources,
- identify and explore career-related campus resources,
- utilize appropriate study skills,
- identify your preferred learning style,
- comprehend the importance of planning, setting goals, and decision-making, and apply these concepts, not just in choosing a major and a career, but in life.

## Does PACES take much time?

No. Is one hour per week for only 15 weeks too much time to invest in yourself? Is it too much time to find a satisfying major that will motivate you for four years? Is it too much time to build a successful academic foundation? Most of the assignments are done in class; most students find the few, brief homework assignments fun.

Finding a satisfying career is not something that just happens. Successful career development is a process that can take years. It requires you to invest some time and effort in planning your own future.

PACES provides you with a foundation of knowledge about yourself and the work world that can be relevant throughout your life, but it is not for everyone. Only students who are serious about their college experience and exploring their major and career options should enroll in the seminar. Your future is worth 15 hours.

## Must I pay extra for PACES?

No! The course is completely free. Even the assessments are provided free of charge!

## How do I enroll?

Complete on-line enrollment via your SIS (Student Information System) account by accessing [info.ship.edu](http://info.ship.edu), entering requested information, and then by selecting the PACES link.

## If I decide to enroll. . . .

The seminar will appear on your fall schedule along with your other classes. When you complete the non-credit course, you will earn a ‘P’ (for passing) grade and it will appear on your permanent transcript.

## How can I get more information about PACES?

Call the Office of Undeclared Students in Horton Hall, Room 112, (717) 477-1395. Office hours are 8:00 a.m. - 12:00 p.m., and 1:00 - 4:30 p.m. on weekdays.