



## **Student Services Counseling Center**

*Where students are assisted with academic, career and personal needs.*

Greetings from the NTC Counseling Center. The counselors at NTC are available to help guide, support, and assist students with academic, personal, and career needs. Student support is our priority. Monthly, we will share information on a variety of topics. The topic for the month of November is changing career direction. We look forward to helping you.

### **Changing Career Direction**

Are you struggling with a career decision right now? Are you uncertain about the career for which you are preparing and afraid that redirection will hurt you further? What will your friends and family think?

The good news is that it is okay to redirect your career or program choice while you're in school. If anything, we expect it to happen! But how do you get the support you need to see this decision through and minimize its impact on you and those around you? Here are a few things we'd recommend:

- First, seek the help of a counselor. We're here to help you sort through your priorities and to connect you to resources.
- Take the time to learn more about your interests and abilities, what you value, and what's driving your desire to make a decision. You can do this with your counselor, or consider taking the Career Decisions workshop offered here at NTC.
- Learn as much as you can about careers you are considering. There are some great occupational websites to check out. Also consider talking to someone who does that job... they can give you a firsthand account!
- Discuss your impending decision or current unrest with your friends and family - they can help to support you through the transition.
- Remember that it's better to redirect now... than when you are actually on the job!
- Take care of yourself. Remember to take time for yourself and don't rush the decision.