Choosing Your Major

Discovering Your True Fit
Beginning the Process

Choosing a major is certainly one of life’s big decisions. To help the process along, examine who you are and what’s important to you:

- What subjects do you have a passion for?
- What topics challenge you?
- What class projects do you look forward to?
- What types of ideas inspire you?
- What tasks speak to your interests & abilities?
- What kind of work would you be proud to do?
Your Thoughts & Feelings

• What are some of your feelings associated with choosing a major?
• What are some of your thoughts about choosing a major?
• Where do these thoughts and feeling stem from?
• How can you learn to trust your own voice?
Identifying Your Interests

So, what are YOU interested in? This is an important step in choosing a major!

- What activities are you drawn to?
- What would you do with extra free time?
- What do you like to learn about?
- When people ask you what you’re interested in, what do you say?
Exploring Your Values

Few people can stand spending time with an academic major that doesn’t fit them ethically -- and that translates into the job force, too. So, ask yourself:

- What does “valuing your work” mean to you?
- How do you hope to feel about your major and career?
- What classes have felt most worthwhile so far?
- What key values do you hope to have in the workplace?
Acknowledging Your Abilities

What you do within your academic, job, activity and social life can lend a clue as you determine what major to pursue:

- What were your best subjects in HS?
- What are your best subjects now?
- What talents have you used in past jobs?
- What skills do you bring to your activities?
- What abilities help you do a good job with community service projects?
Checking Out the Details

We have certain requirements and details associated with certain majors at our school, so ask questions about things like:

- Prerequisites?
- Certain GPA required?
- Limited numbers within a major?
- How long to complete a major?
- Other requirements (i.e. practicum, field study, etc.)
Don’t Get Overwhelmed!

- As you check out all the details when it comes to certain majors, know that you’re not alone.
- Ask questions when talking with your advisor and other trusted consultants.
- Explore the “what ifs” now so you know what to expect down the road.
Taking Initiative & Developing Relationships

Get to know:
- Your academic advisor
- Faculty & department chairs
- Career counselors

Don’t wait! Develop relationships now so you can work toward the major you want sooner rather than later. There are great resources and great guidance available to you!
Tapping Into Resources

Here are just some of the resources available to you as you look at various majors to pursue:

- The career center
- The course catalog
- Upperclass students in certain majors
- Alumni
- Academic advisement
- Campus happenings
Discovering Your Real Self

An “Ideal Self” is who you may wish to be or who others have built you up to be. It’s not really you.

Your “Real Self,” however, is who you are now -- flaws, talents and all! Put this self in charge when it comes to choosing a major.
Making Some Choices

- Narrow down those majors that you can definitely rule out.
- Now, list the Top 5 possibilities you’re considering at this point.

This can help you focus. Choosing a major is a process of self-exploration. And you’re bound to know yourself better once it’s all said and done, guaranteed.