

# CHOOSING A MAJOR

## EXPLORATION FOR YOUR CAREER JOURNEY

Schedule an appointment with a Career Coach via Handshake

### Step 1: Self-Assessment

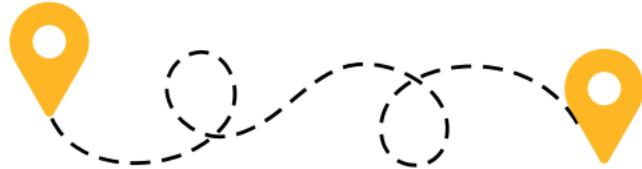
**Understanding yourself is the starting point.**

- Identify your interests, skills, values, and strengths.
- Discover how your personality and passions connect to careers.
- Find areas to grow, gain knowledge, or build experience.

**Tools to Help:**

- FOCUS 2
- StrengthsFinder
- Enneagram

(Meet with a Career Coach to review your results!)



### Step 2: Explore Your Options

**Research majors and career paths:**

- Visit the Career Development website: What Can I Do With This Major?
- Review course descriptions for majors that interest you.
- Research potential career paths tied to majors.
- Meet with:
  - An Academic Advisor for major/minor requirements
  - A Career Coach for career decision guidance

# SHOULD YOU CHANGE YOUR MAJOR?



**Give yourself 1 point for every "YES":**

- Do you get bored in your major's classes?
- Are you doing poorly in your major's classes?
- Did you pick your major without much thought?
- Are you constantly reading about other majors?
- Are you considering switching majors often?

**Score:**

- 0–1 points: Probably fine where you are.
- 2 points: Think about it — talk to a Career Coach.
- 3–5 points: It's probably time to make a change.

**Up to 50% of students change their major at least once!**