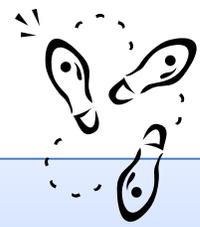


STEPS TO CHOOSING A MAJOR



STEP 1: Assess Yourself

Take stock of yourself and write down what you enjoy doing, your academic strengths, your passion, what type of extracurricular activities you are involved in, and the aspects of previous jobs you have enjoyed. Be realistic. Utilize on-line assessment tools like FOCUS and meet with a career counselor to help you clarify your interests, strengths, and values.

Resources: FOCUS-a web-based assessment tool at careers.southernct.edu.
You are your greatest resource during this step!

STEP 2: Research

Once you have a good understanding of yourself and what characteristics will help you excel in a major you will need to begin to research what majors will allow you to use those skills. Most individuals are only aware of a handful of the major and career choices available to them. If possible take a variety of classes. Research is a necessary step to discover all the options and avoid limiting yourself.

Resources: Career Counselor (Wintergreen 119), FOCUS (a web based assessment tool), University Majors Expo, Academic Departments / Faculty, Family and Friends, Undergraduate Catalog, careers.southernct.edu, **JOBS: Job Opportunities Benefiting Southern students.**

STEP 3: Evaluate and Make a Decision

Narrow your options to a few top choices. List the pros and cons of the majors you are considering. At this point you should also take into consideration careers each major may lead to. You may also consider taking a class in one or two of the areas before making a final decision.

Resources: Majors Expo, "What Can I Do With My Major?" (available at careers.southernct.edu), Informational Interviews, Clubs and Organizations (associated with the major), Career Counselor, What If Degree Evaluation (Banner Web).

STEP 4: Declare Your Major

Meet with an academic advisor in the department of your choice to discuss the criteria for acceptance into the department and requirements to complete your degree. Although frequent major changes are not recommended sometimes it is necessary. If after taking a few classes you decide to reconsider return to step three.

Resources: Online degree evaluation, faculty.

STEP 5: Career Planning

Once you have chosen a major you will want to ensure that you continue with your career planning efforts. This may include conducting informational interviews with professionals in the field, remaining engaged with the FOCUS program, and continuing to meet with a career counselor. Research what career choices your major opens to you including industry trends, salaries, and the benefits and challenges in the fields you are considering.

Resources: Academic and Career Advising Center, Wintergreen 119, and on the web at careers.southernct.edu
JOBS: Job Opportunities Benefiting Southern students.