

STEPS TO CHOOSE OR CONFIRM YOUR MAJOR

Being undecided about your major or career is a common experience. Uncertainty about your major and career goals gives you the opportunity to explore and then to make informed decisions about choosing a major and preparing for a career after graduation. It takes time and research so begin now! Use the step-by-step process below, checking off each step as you complete it.

STEP ONE: ASSESS YOUR INTERESTS, ABILITIES AND VALUES

____ A. Fill out the College/Career Choice Checklist (white handout or <http://www.ohio.edu/careers/students/resources.cfm>).

____ B. Use websites (blue handout) to help you identify your interests, abilities and values. Print information about your interests, abilities and values.

____ C. Talk to those who know you best: family and friends. What insights do they have about your strengths and weaknesses? Insights about me are:

____ D. Make an appointment with your advisor AND/OR a Career Services counselor (533 Baker, 593-2909). Bring your self-assessment information (College/Career Choice Checklist and web exercises from above).

My appointment is on _____ at _____ at 533 Baker with _____.
(day, date) (time) (career counselor)

STEP TWO: EXPLORE MAJORS AND CAREERS

____ A. Understand the relationship between majors and careers: go to <http://www.ohio.edu/advising/major.cfm> and click on "I need to understand the relationship between majors and careers."

____ B. Identify all of the majors that you can choose at Ohio University (green handout); cross out majors, minors and certificates that don't interest you at all. What's left?
Majors that interest me: _____

Minors/Certificates that interest me: _____

____ C. Read descriptions of possible majors, minors and certificates in the Undergraduate Catalog. Read titles and course descriptions of required courses; do they interest you? Cross out ones that don't interest you. What's left? Majors/minors/certificates that still interest me: _____

____ D. Understand requirements to transfer into the major(s) (yellow handout). Do this for EACH major that interests you. Major: _____

- minimum GPA for admission _____
- classes I must complete before applying: _____
- _____
- other requirements to apply: _____
- when this major accepts applicants: _____
- based on the above, is this a realistic major choice for me? YES NO

____ E. Research various job titles/careers related to majors that interest you using "What can I do with a major in...?" websites (blue handout). These websites, handouts and books provide information about entry-

level and advanced job titles, employers, salary, work activities, and skills needed for various majors and careers. Take notes.

____ F. Make an appointment with advisor contacts for majors that interest you-- go to: (<http://www.ohio.edu/univcollege/advising/coordinators.cfm>). Bring a list of questions that you have developed from your research. If you want a highly selective major, ask the advisor contact how realistic your chances of admission are. Questions: _____

ADDITIONAL RECOMMENDATIONS:

____ Attend the Majors Fair in September-- bring questions and collect information about majors.

____ Attend information sessions offered by Ohio University departments and schools about majors that interest you (see The Post).

____ Take General Education and introductory courses to identify and explore majors of interest.

Courses I would like to take: _____

____ Talk with faculty, upperclass students, and professionals in fields of interest. Arrange to job shadow a professional for one day and/or conduct an Information Interview to understand what a "typical workday" means and write a thank you letter (see <http://www.ohio.edu/univcollege/publications/cfm> for guidelines on how to conduct information interviews and write good thank you letters).

STEP THREE: NARROW YOUR CHOICES , SELECT YOUR MAJOR, & DEVELOP EXPERIENCE

____ A. Match your interests, abilities and values to the majors you're considering and decide on a major.

I am interested in _____ ; I am good at (skills) _____
_____ ; and I value _____. All of
the above indicate that _____ major is a good fit for my interests, abilities and values.

____ B. Meet with your advisor and a Career Services counselor to confirm and finalize your decision.

____ C. Fill out the paperwork to apply to the major you have chosen. Follow guidelines on Declaring/ Changing Your Major (yellow handout) or see your academic advisor. To apply to _____
(major), I must: _____

____ D. Seek opportunities that will build your resume and help you to evaluate your career plan (pink handout). These include student organizations, volunteer/community service, job shadowing, winter break and summer jobs, and internships. I plan to:

____ E. Consult websites on preparing for careers and graduate school (blue handout). Helpful advice:
