**Major Selection Checklist**

- **Expand your world through General Education.** GE is not just a requirement to ‘get out of the way’! General Education courses can introduce you to subjects you never imagined you’d like and totally new areas of interest. Do the courses you enjoy have anything in common? Do you recognize a theme?

- **Consult with professors and students.** Talk with a major or academic advisor, professors, professionals in related fields, or family and friends about different majors and careers. The more information you have, the more confident you’ll be with your decision.

- **Complete a self-assessment.** Take time to identify your interests, values, strengths, dislikes, abilities, personal qualities, and skills. The Career Center offers a variety of personality and interest inventories and workshops that will provide you with more insight about yourself.

- **Spend some time self-reflecting.** Do you want to work with people? Do you want to make a lot of money or travel? Do you work better on one task at a time or are you an experienced multi-tasker? Try to imagine the setting in which you would thrive.

- **Identify careers that are well suited to your interests and abilities, values, etc.** The Career Center counselors can direct you to possible careers and majors that relate to your strengths, interests and values.

- **What skills or capabilities are required for the careers you have in mind?** Identify the academic major that will help you to develop the skills required for your career of choice.

- **Job exploration.** Go to a Career Fair to find the most up-to-date information on possible job opportunities. Visit academic departments and research careers in the library or Career Center. What is the future outlook for this career?

- **Utilize internships.** Work experience is a fantastic testing ground for determining whether a job or major is right for you. The Career Center has information on various paid and unpaid internships or co-op work experiences throughout the world.

- **Don’t overlook the value of volunteering your time.** Programs such as CAVE offer numerous programs that allow you to volunteer your time, earn extra units, and determine whether or not a particular work environment suits you, i.e. volunteering in a classroom, a legal resource center, etc.

Remember, your major will provide you with a set of skills that can be applicable to more than one career. After graduation, you may be prepared for many different careers that have no direct connection to your major. If you have gone through the process of assessing your interests and needs, and have thoroughly investigated your options, you can rest easy knowing that you have made the best choice for who you are at this time in your life.