Major Adventures Program (MAP)

Not sure what you want to major in? Not to worry! Students are not required to declare a major until their sophomore year at St. Bonaventure. Meanwhile, we have some Major Adventures in store for you.

❖ Academic Adviser
Each MAP student is assigned to an academic adviser who has demonstrated excellence in advising.

❖ Through a strategic partnership with the SBU Career and Professional Readiness Center (CPRC), The Major Adventures Program (MAP) is designed to help incoming students plan for their future by exploring how their own interests and aptitudes mesh with a college major and potential careers.

Students have the option to meet with a career counselor to discuss their major and career exploration from the time they arrive on campus, continuing through graduation. The CPRC specializes in offering career assessment tools including the Self-Directed Search. Their website www.sbu.edu/cprc devotes an entire page to Exploring Majors & Careers, including the FOCUS 2 online career assessment tool, as well as a multitude of additional career-related resources.

❖ University 101 and Passport Events
Most Major Adventures students are in the same sections of University 101, a first-year seminar style course focusing on student success, in order to give them consistent programming and information about majors and career choices. Passport events are part of the course.

As you explore the diversity of what St. Bonaventure offers academically, you may be pleased to discover that an additional minor or even a second major is well within your grasp. The MAP program has the following components:

Individualized Major Program (IMP): Are you motivated and do you know what you want to study? But do you find it hard to find a major that fits your interests? Design your own! The IMP enables you to work with two advisors and take courses across the university that fit into a narrative you develop. You will design your own 4-year program and your own learning outcomes.

Throughout your studies, your two advisors will guide you and help you to connect the various courses; they will also design a capstone project with you. The possibilities are endless.

Any interested student must have, at the time of application, completed a minimum of 15 credits at St. Bonaventure University, be in good academic standing and have at least 45 credit hours remaining to complete the proposed degree requirements. You can bring in courses you already have taken here or elsewhere. The degree will be awarded from the School of the University in which the greatest number of major credits will be completed.

For more information, please contact the program director Dr. Anne Foerst (afoerst@sbu.edu).

Undergraduate Programs: Selecting a Major (& a possible Minor). Please consult the SBU website and the Undergraduate Catalog for a complete listing of undergraduate programs.

Wondering what you should major in, or what you can do with certain majors? You’re not alone!

Flip the page to learn more!
What’s a Major For?
Majors are part of the process that leads to earning a degree. They are designed for academic purposes rather than career purposes. This is why the link between majors and specific career fields is often unclear. Once you recognize this, you can begin to ask yourself some questions.

Which Comes First—Major or Career?
Either way works! Do you want to choose a major first and identify career possibilities later, or choose career options and then identify majors to help you get there?

Steps to a Major Decision

Step 1: Assess Yourself
Your first step is to do some self-assessment. The more you understand yourself, the clearer your goals and the way to reach them will become. Ask yourself the following questions:
- What do you truly enjoy? Consider the classes and activities that you have liked best. What did they involve? Why did you enjoy them? There are careers related to every interest you have!
- What are you good at? What is really important to you? Complete the Career and Professional Readiness Center’s online FOCUS 2 program which will help you explore your skills, interests and values as they relate to majors and careers. Access FOCUS 2 via the Career and Professional Readiness Center’s website at www.sbu.edu/cprc.
- What is the coolest job you can imagine? Describe it as specifically as you can.

Step 2: Gather Information and Explore Options
The more information you find, the more informed your final decision will be.

Step 3: Narrow Down our Choices
- It’s time to put together the information you have collected. Weigh the pros and cons of each option. If you haven’t already, narrow your list down to two or three majors.
- Consider the feasibility of a double major or making one of your options a minor. Consider creating your own major that will link several interests into one major with an integrated theme.
- Talk with your academic advisor and a career counselor in the CPRC if you are still having difficulty.

Step 4: Take Action and Your Journey Begins
- Try courses in majors you are considering.
- Choose activities, internships, volunteer work, and/or part-time jobs to help you develop your skills in areas that interest you.
- Talk to people who work in career fields you are interested in. Learn what academic majors might be a good fit for the type of work you are considering.
- Make your decision – declare your major!

- Examine the majors available to you in your undergraduate catalog. Make a list of your options and eliminate those that don’t interest you. Read more about majors of interest and mark the courses in each major that most interest you. This should help you shorten your list.
- Visit academic department web pages for majors of interest, or read print materials they offer. Talk with students currently in those majors, and faculty of those departments.
- Utilize the varied major exploration resource available via the CPRC website at www.sbu.edu/cprc.