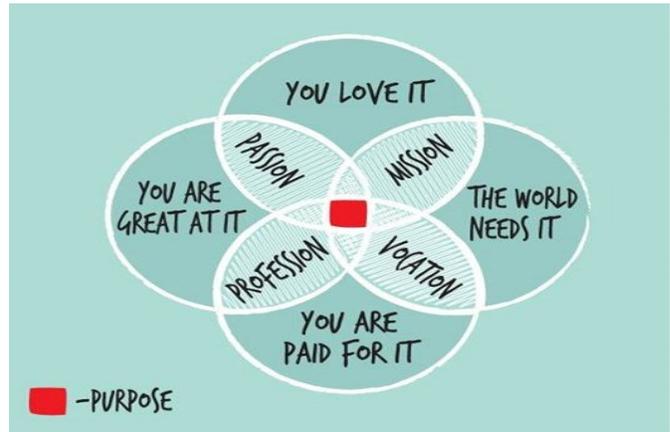


Wondering what you should major in, or what you can do with certain majors? You're not alone!

What's a Major For?

Majors are part of the process that leads to earning a degree. They are designed for academic purposes, not always for career purposes. This is why the link between many majors and careers is often very unclear. Examine the steps to a major decision below and take advantage of the resources at SBU to make the decision that is the best for you.



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 the 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 web site at www.sbu.edu/cprc.
- Schedule an appointment with the CPRC for major and career exploration to meet with a career counselor.

Step 2: Gather Information and Explore Options

The more information you find, the more informed your final decision will be.

- Examine the majors available to you on the SBU website. 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. Talk with students currently in those majors, and faculty of those departments.
- Utilize the varied major exploration resources available via the Career and Professional Readiness Center's website at www.sbu.edu/cprc.

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 Career and Professional Readiness Center if you are still having difficulty.

Step 4: Take Action and Your Journey Begins

- Sample courses in the majors you are considering.
- Choose activities, internships, volunteer work, and/or part-time employment that can help you further develop your skills in areas that interest you.
- Talk to people who work in career fields that 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!

Adapted from an article written by MaryLou Taylor at www.jobweb.com

Choosing Your Major