



Major Adventures Program (MAP)

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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.

❖ SBU 101 and Community Events

Most Major Adventures students are in the same sections of SBU 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. Community 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:

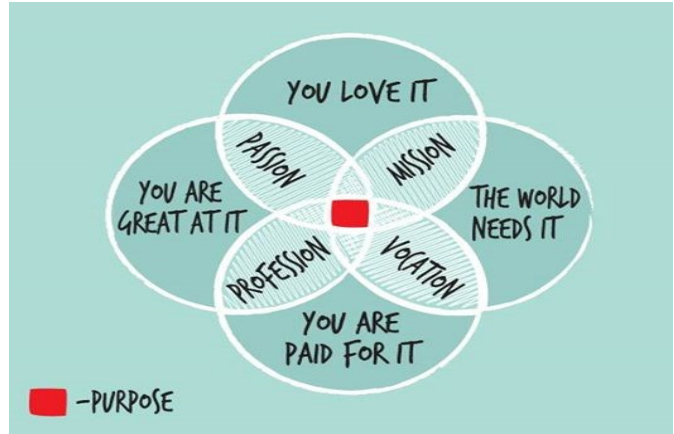
Individualized Major Program (IMP): Are you motivated and do you know what you want to study? But do you find it hard to find a major that fits your interests? Design your own! (see <http://www.sbu.edu/academics/departments-majors-minors/individualized-major>). For questions, please contact the program director, Dr. Anne Foerst, at 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!

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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