MAJOR DECISION GUIDE

The purpose of this guide is to help you decide on a major. Fill in the blanks and it will take you step-by-step through the decision-making process.

AWARENESS -> EXPLORATION -> CRYSTALIZATION -> CHOICE -> CLARIFICATION

AWARENESS:

_____  1. I have started to focus attention on the need to choose a major by:

________________________________________________________________________

________________________________________________________________________

EXPLORATION: Self-appraisal: Identification of skills, interests, values:

_____  1. My best personal qualities are:

________________________________________________________________________

________________________________________________________________________

_____  2. The courses in which I usually receive my best grades are:

________________________________________________________________________

________________________________________________________________________

_____  3. My favorite academic subjects are:

________________________________________________________________________

________________________________________________________________________
4. The qualities about me that my friends like are:

______________________________________________________
______________________________________________________

5. The extracurricular activities in which I excel are:

______________________________________________________
______________________________________________________
______________________________________________________

6. The outside interests I find most enjoyable are:

______________________________________________________
______________________________________________________
______________________________________________________

7. The highest accomplishment in my life so far is:

______________________________________________________
What makes it so special is:

______________________________________________________
______________________________________________________

8. My strengths are primarily in the

______ Math/science area

______ Humanities/social science area

9. My interests are primarily in the

______ Math/science area

______ Humanities/social science area
10. A college degree means
________________________________________________________________________
________________________________________________________________________

11. My limitations are
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

12. When I have some free time, I
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

13. The main reason I’m in this college is
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

EXPLORATION: Investigation of possible major choices.

1. I have used the college catalog to research major, course descriptions, and requirements.

2. I visited a counselor to discuss majors in which I may be interested. My counselor helped me generate a list of questions I want to ask others.

3. I visited a faculty member from departments that interest me to ask pertinent questions.

4. I sat in on courses in prospective majors.
5. I visited the bookstore to peruse books that are required for possible majors.

EXPLORATION: Investigation of careers related to possible major choices.

1. I visited the Career/Transfer Center and have identified the following services they offer that might be helpful to me:

   - EUREKA (computer program)
   - Workshops
   - Career Library
   - College Catalogs

CRYSTALAZATION:

1. I can now rule out the following majors that I had previously considered:

   ____________________
   ____________________

2. I have identified the following majors that seem interesting to me:

   ____________________
   ____________________

3. I visited a counselor who helped me focus on realistic alternatives based on my skills, interests, and values and by analyzing my academic record.
CHOICE:

_____ I decided on a major. It is: ________________________________

CLARIFICATION:

_____ 1. I have begun to feel the consequences of my choice.

_____ 2. I have visited my counselor to create a quarter-by-quarter ed plan.

_____ 3. I discussed other educational opportunities with my counselor, such as:

      _____ Summer school
      _____ Study Abroad opportunities
      _____ Internships