



TIPS FOR CHOOSING A MAJOR

Complete a comprehensive Self Assessment:

- What are your interests, skills and strengths?
- What are your favorite academic subjects?
- What areas do you need to improve in?
- What types of hobbies, activities, or projects bring you the most satisfaction?
- What type of work environment would you feel most comfortable working in?
- Do you like to work with others or independently?
- Are you most comfortable being the one in charge or do you prefer to follow directions?
- What types of circumstances do you find most stressful?
- Do you work better under a strict deadline or do you prefer a less structured environment?
- Do you function better early in the morning or later in the evening?



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What Is Important To You:

- What are your dreams and goals for the future? Where do you see yourself in ten years, twenty years?
- What are your values?
- What are your priorities: family, money, stability, fame, making a difference, traveling. etc?
- Is it important to have variety in your work?
- Is it important to have opportunities for career advancement?
- How do you define success?
- What type of lifestyle do you dream of having in the future?



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Research Career Opportunities and Employment Trends

- Salary ranges
- Job responsibilities, duties, work environment
- Skills necessary for the field
- Pro and cons of each job/career
- Education and training requirements for specific jobs/careers
- Short term and long term occupation outlook
- Talk with people who are actually already in your field of interest
- Take elective courses to test out majors at your local community college
- Complete volunteer work in fields you may be interested in
- Consider a major and minor or a double major
- Get involved in clubs, organizations and sports to develop new skills and explore interests
- Find an internship to gain experience and help you choose future options



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To help you with your self assessment, I would recommend the following resources:

- Visit the College Career Center to conduct a free Choices –Interest Inventory
- Use Major and Career reference materials available at the College Career Center
- Participate in *Project Shadow* and *Career Opportunities Program* available during the spring semester. Information will be disseminated through the school bulletin.



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Useful Websites:

- College Board Career Planner www.collegeboard.com/apps/careers/index
- It's My Future www.myfuture.com/
- Quintessential Career and Job-Hunting www.quintcareers.com/index.html

- Career Paths Online <http://careerpathsonline.com/intro/default.htm>
- Planning a Career www.adventuresineducation.org/

- Career Magazine www.careermag.com/

- Career Services www.studentaffairs.com/lists/career.html

- Life Works – Learn What You Can Earn www.Science.education.nih.gov/LifeWorks

- Need help selecting your major? www.MyMajors.com
- Occupational Outlook Handbook www.bls.gov/oco/
- Bureau of Labor Statistics www.bls.gov/



Career Interest Surveys

Find a career that is right for you, just follow the simple steps provided by the following websites:

- Start by using **CHOICES** available at the CCC.
- College Board Career Planner
- www.collegeboard.com/apps/careers/index
- It's My Future www.myfuture.com/
- Quintessential Career and Job-Hunting
- www.quintcareers.com/index.html
- Career Builder www.careerbuilder.com/
- Career Development Manual- University of Waterloo
- www.adm.uwaterloo.ca/infocecs/CRC/manual-home.html



Career Interest Surveys cont.

- **Resume Writing Center** www.resume-place.com
- **Career Paths OnLine**
<http://careerpathsonline.com/intro/default.htm>
- **Planning a Career** www.adventuresineducation.org/
- **Career Magazine** www.careermag.com/
- **Career Services**
www.studentaffairs.com/lists/career.html
- **LifeWorks – Learn What You Can Earn**
www.Science.education.nih.gov/LifeWorks
- **Science Service** <http://www.sciserv.org/>
- **Occupational Outlook Handbook** www.bls.gov/oco/
- **Bureau of Labor Statistics** www.bls.gov/



Specific Career Information

For more specific career information use the following websites:

Careers in Science

www.nap.edu/readingroom/books/careers/contents.html

Physical Therapy www.apta.org/

California Veterinary Medical Association

www.cvma.net

Occupational Therapy www.aota.org/