



My Major, My Career – Putting the Puzzle Together

**Learning how to discover and
explore the possibilities**

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Which Comes First... The Major or the Career?

- **Major First:** Choosing a major that interests you and gets you excited to be in your classes
- **Career First:** Choosing a career and then finding out what majors lead to it
- **Lifestyle First:** Knowing what values are important to you

****When thinking about this question, there is no "right" or "wrong" answer****

Uncertain Where to Begin? Start by Learning About Yourself

Skills & Interests

- Finding a good match with what you do well and what you enjoy
 - You'll be able to do this by identifying your skills and interests
 - Identify majors and/or careers that reflect these skills and interests

Learning About Yourself cont...

Personality & Work Environment

- Compare characteristics of your personality to various work environments
- Identify a good fit between the two
 - After further exploration, if they don't seem to fit, try to figure out why

Learning About Yourself cont...

Values

- What are your values?
 - Identify/clarify what you value most and how those values relate to different majors or careers
 - Which career field will allow you to fulfill these aspects of your personality?

Making a Decision

Meet the Majors

- Don't panic and don't get discouraged!!!
- Are YOU going to decide, or is someone else going to decide for you?
- Pressure of "having a major" – don't let this influence you
- Narrowing your choices – don't be too hasty in ruling out certain majors

Making a Decision cont...

- Some majors are more structured in their class sequences and need students to start early in their academic careers
- Some majors can be applied to a variety of career fields where as others are much more specialized
- Top 10 Majors:

Biology

Business Administration and Management

Communication

Computer Science

Education

Elementary Education

English

Nursing

Political Science

Psychology

Making a Decision cont...

Meet the Career Possibilities

- Friends/family, internships, volunteer work, professors, counselors, informational interviews
- Career possibilities in the top 10 majors
 - <http://careerservices.rutgers.edu/CareerHandouts.html>
- Career Center – Career Assessments
- Other Resources:
 - Occupational Outlook Handbook <http://www.bls.gov/search/ooh.asp?ct=OOH>
 - Bureau of Labor Statistics <http://stats.bls.gov/bls/blswage.htm> (Wages by Area & Occupation)
 - ONET <http://online.onetcenter.org/>

Putting It All Together

STEP 1

Narrow your list to 2-3 majors and conduct further research on:

- The majors and their requirements
- What type of careers are viable options with the majors

OR

Narrow your list to 2-3 careers you're interested in

- Research what major would be required

STEP 2

Ask yourself if your major and/or career fits with your skills, interests, and personal values

Sources

Information used in this workshop was gathered from:

- Capital University

<http://www.capital.edu/Resources/Files/career-planning/MajorCareerBooklet2005.pdf>

- Princeton Review

<http://www.princetonreview.com/college/research/articles/majors/MajorsBook2.asp>

- http://www.quintcareers.com/choosing_major.html