



C U Y A M A C A
· C O L L E G E ·

How to Choose a Major

Choosing a major calls for gathering information, weighing alternatives, and allowing unhurried time for both thinking concretely and daydreaming. Choosing a major should be a *process*, leading to discovery and, ultimately, increased career satisfaction.

This process may or may not be a step-by-step progression; rather, it may be fluid or cyclical, i.e. starting at step 4 or 5 and then discovering this is not what you want to do in life and then moving to step 1.

(Note: Words in “BLUE” are links to FREE web resources. Don’t forget that the Career Center has password protected online assessments, resources and tools to help you choose a Major and Career that are not in this document)

The Process...

1. Self-assessment/discovery
 - ✓ [Values](#) and Values Self-assessment - [Work Importance Profiler](#) (also on Choices and Career Cruising from the Career Center)
 - ✓ [Interests](#) (also on Choices from the Career Center)
 - ✓ [Personality](#) (also on DWYA, Multiple Intelligence at the Career Center)
 - ✓ [Skills](#) or [Skills Profiler](#) (Also available at the Career Center)
 - ✓ Other interesting web links: www.whodoyouwant2b.com or becomopedia.com
 - ✓ Visit our Career Center to complete the Do What You Are (DWYA), Myers Briggs Type Indicator (MBTI) and/or any other of our assessments
2. Identify options/Research
 - ✓ Gather possible careers from self-assessment results (above)
 - ✓ Use Career Services resources to access our [library research page](#), and [videos](#).
 - ✓ Seek out in-depth information such as job outlook on our Choices Planner or Career Cruising
 - **Get access codes from the Career Center**
 - ✓ Know your projected [salary](#) for the local area, [job description](#), where you can gain [educational and experiential preparation](#), etc.
 - ✓ Or use the [virtual career center](#) (California Café)



3. Decision Making
 - ✓ Compare options side by side (Choices Planner)
 - ✓ Identify pros and cons
 - ✓ Identify if [negative self-talk](#) or self-defeating thoughts may be influencing your decision
 - ✓ Discuss your options with those who know you well
 - ✓ Remember to check options against what you learned in self-assessments
 - ✓ Does it fulfill your passion in life as well as meet your practical needs?
 - ✓ Remember, it is your life goals and ultimately your decision!
 - ✓ Try the [Career Decision-making Difficulties Questionnaire](#)

4. Design Your Career Plan (short term/long term)
 - ✓ [Explore majors in California on-line](#)
 - ✓ Use academic resources to link career choice with college major(s): [in California](#), [Out of State](#),
 - ✓ [What Can I do with this Major?](#) , or google “What Can I do with a Major in ___”
 - ✓ Identify educational requirements with a counselor – set up an academic plan
 - ✓ Visit the [Counseling Center](#) and/or [Transfer Center](#)

5. Experience Your Field
 - ✓ See what a day in the life of a (fill in the blank) is like at [Career Cruising: Associations](#)
 - ✓ Conduct [Informational Interviews](#) &/or see [www.roadtripnation.com](#)
 - ✓ Job Shadow, locate [Internships](#); seek out Work Experience and Service Learning opportunities
 - ✓ [Volunteer](#) or work in your intended field when possible – experience is important and will tell you if this field is right for you!

6. Launch your career (job search, resume...)
 - ✓ Visit the Career Center if you need employment and/or assistance finding and communicating with potential employers
 - ✓ Create [resumes, cover letters](#), or use one of our resume/cover letter templates
 - ✓ Make an appointment with our Career Center specialists and counselors to review your resumes and help you in the entire major and career search process
 - ✓ Job search engines: look up how your future jobs are being advertised, and how to best prepare at [www.indeed.com](#) or [www.monster.com](#)
 - ✓ Prepare for interviews and read about [others' experiences of interviewing](#) with specific companies
 - ✓ Use our Perfect Interview program at the Career Center to practice

7. Meet with a Counselor and/or take an in-depth class to explore careers and majors
 - ✓ Make an appointment with a Career Counselor by calling the Career Center at 619-660-4436
 - ✓ Make an appointment with an Academic Counselor and create your comprehensive educational plan for your major by calling 619-660-4429
 - ✓ Take Counseling 120, College and Career Success (3 unit course that meets CSU GE and transfer to the UC) or Counseling 110, Career Decision Making (1 unit course that transfers to the CSU)