Are you confused about which major to pursue? Overwhelmed with the variety of occupations from which you have to choose? Or would you like some confirmation that you are on the right track? Read further...this handout was designed especially for you.

Naturally, you have chosen to attend college to better yourself and your chances of finding a more accommodating career. Once you confirmed these initial reasons for attending college, however, you may have found yourself face to face with a tougher, less obvious question, “What do I want to be when I grow up?” Thus, you have arrived at your current dilemma involving which major to choose and career path to follow.

Instead of thinking of your current dilemma as one momentous decision, attempt to think of it more as an information gathering process. Strive to gather information on yourself through the following four steps. Then make decisions regarding your major and future occupation accordingly. Naturally, after a period of time you may decide that you are not as interested in the major you originally chose, but for now, strive to make the best decision you can with the information you have gathered. If you change your mind, you can always reevaluate your previously gathered information and make the necessary changes in the future.

Step One: It is important that you do some self-assessing. This involves identifying your work values, lifestyle values, interests, skills, and abilities.

Step Two: It is important that you explore your career options. Exploring your career options will allow you to better identify what major to pursue. This involves researching the various careers that interest you, utilize your skills and abilities, and reflect your work and lifestyle values.

Step Three: It is important that you evaluate all the information you have gathered and identify the decisions you need to make. This involves considering the variety of career options presented to you and the consequences (positive and negative) associated with those options. This step also involves making a decision about the information you have gathered.

Step Four: It is important that you set long and short range goals for yourself. This involves identifying your goals, developing a realistic plan for achieving those goals, and forecasting a reasonable time period for when those goals could be accomplished. One goal would probably include pursuing the major that would best equip you for your future career.

Now that you understand the steps involved in this process, your next task is to identify what services and resources can best assist you in your journey. Remember that assistance is as close as a quick trip to the Career Center! We can assist you with each of these steps through the use of computerized assessment instruments, such as the Strong Interest Inventory and SIGI Plus, and individual career counseling. The Career Center also offers other handouts, workshops, videos, and books to assist you in choosing a college major and/or occupation.

Don't allow yourself to muddle through your first few semesters with a vague idea of which major and/or career to pursue. Help is available--don't be afraid to ask!