

A Practical Approach to Choosing a Major

1. Identify primary reason(s) you are uncertain.

Rate each option from 1-6 using this scale:

(1=Extremely important 2=Very important 3=Moderately Important 4=Slightly important 5=Hardly important 6=Of little or no importance)

- I don't know what subject(s) I am interested in enough to make a commitment.
- I'm not doing well in subjects that interest me or that are needed in a given major.
- I have several interests and don't know how to choose among them.
- I have a major in mind but don't know what I can do with it.
- I have a major in mind but people important to me (parents, siblings, etc. are not fully supportive,
- I'm concerned that if I make the wrong choice, it will really set me back.
- Other: _____

2. List what is most important to you about a major.

Rate each option from 1-6 using this scale:

(1=Extremely important 2=Very important 3=Moderately Important 4=Slightly important 5=Hardly important 6=Of little or no importance)

- I enjoy the subjects I will be studying.
- I am good at learning the subjects I will be studying.
- It will lead to a job/career area where I can be successful and happy.
- It will lead to jobs/career areas where the job outlook is strong.
- It will lead to jobs/career areas where graduate study (circle one)
is not required...is required.
- It is a field that people important to me (parents, siblings, etc.) are in agreement with
- Other: _____

3. List major(s) you have absolutely ruled out, and briefly explain why

4. List major(s) you are considering, and briefly explain why

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5. **Identify what careers you can pursue with this/these major(s). Sources of assistance include:**
- a. **FOCUS:** (access code = cardinal) <https://www.focuscareer2.com/Portal/Login.cfm?SID=432>
Online self-assessment tool; Based on your answers to a series of questions, FOCUS gives suggestions on possible majors and then links it with compatible career fields.
 - b. **Occupational Outlook Handbook:** <http://www.bls.gov/OCO/>: *allows you to research and learn more about specific career titles, including a definition of a job, educational requirement, job outlook, average job salary, et. al.*
 - c. **Exploring Majors and Careers** on the Career Services website:
<http://careers.cua.edu/explore/index.cfm>: *Provides information on every liberal arts major at CUA including career-related skills it provides, sample job titles, plus jobs and internships CUA students have obtained.*
6. **Schedule an appointment with a faculty member (advising coordinator or chair) in department(s) you are considering for your major.** (See CUA homepage to locate the specific school or department's webpage). Come prepared by:
- a. reviewing information about the department(s) in the academic handbook.
 - b. making a list of questions about the major to discuss with faculty member. Some questions might include:
 - Am I on the right track for the course requirements for this major?
 - Will I be able to graduate in four years?
 - What is/are the most difficult course(s) for this major?
 - What skills will this major help me develop?
 - What minors or others courses might complement this major?
 - Is graduate school usually required to work in fields associated with this major?