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**

   **Continue Over →**
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](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/](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](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?