



Major Choice

Before you begin, a few secrets to reduce stress:

- ALL MAJORS CAN LEAD TO MULTIPLE CAREERS - and most careers accommodate multiple majors.
- HAVING DOUBTS WHEN CHOOSING A MAJOR IS NATURAL - the decision can feel daunting, but you got this!
- YOUR COLLEGE EXPERIENCE IS MORE THAN JUST YOUR MAJOR - Think about the various ways you can gain experience: volunteering, campus activities, athletics, internships, jobs and more! Our 4-Year Path can help you think about this @ go.uvm.edu/4yp
- YOUR MAJOR CHOICE IS UNLIKELY TO BE A MAJOR MISTAKE. Consider what you enjoy, what you're good at, and potential long-term goals, then make a choice. You can change your mind...

1. What majors initially appeal to you? You can find the UVM majors @ go.uvm.edu/options

2. What classes have you enjoyed or done well in?

Enjoyed	Did Well

3. What's important to you in a major? What do you value in your academic experience?

- Consistency with my academic strengths (academic success)
- Courses that sound interesting
- Training for a specific career
- Flexibility: could lead to a number of interesting career directions
- Other _____

4. What career fields/job families are you interested in?

5. 3-6 majors for further exploration: Looking at Steps 1-4, which majors are rising to the top?

6. Research your top options

- Research the majors you listed in Step 5 - what are the required courses, electives, course descriptions. Run a "What If..." audit to see how your coursework would align.
- Join as many Career Interest Groups as you see fit. You'll receive curated information on events, opportunities, alum pathways and more: go.uvm.edu/joinig.
- Talk to people affiliated with your top major/career choices: folks in the Interest Groups, professors, staff, students in the major, and alums found on UVMConnect. Ask things like:
 - a. What fields of work do people with this major go into?
 - b. What skills/qualities etc. does it take to be successful in this major/field?
 - c. What majors are related to this one, and what differentiates this field of study?
 - d. Why did you decide to focus on this field of study?
 - e. Who else should I speak to about my interest in this major?
- Check out our webpage for additional resources @ go.uvm.edu/choose
 - a. listen to our Major Speed Dating podcast made by and for students.
 - b. Check out career overview sites such as O*Net or Occupation Outlook Handbook.

Additional resources:

- Drop by the Career Center: Mon - Thurs: 11am - 2pm; Pre-Health: Tues & Fri: 11am - 2pm.
- Use the reflective activities in our Major & Minor Module: Enroll in our Blackboard site to access this and many more modules on frequently asked questions: go.uvm.edu/ccbb.
- Discuss your findings, questions and curiosities with a Career Counselor by scheduling a Major Choice appointment in Handshake after completing this worksheet.