

Choosing a Major

Developing your career plans is an ongoing extensive process and it is normal to be unsure of what you want to major in. In fact, many people change their majors and occupations several times throughout life. Here are some steps to take if you are still deciding on a major:

❑ Examine your interests, skills, and values

- Take a free assessment in Career Services:
 - Myers Briggs Typology Indicator (MBTI): get occupational-related information according to your personality and tendencies
 - Strong Interest Inventory (SII): get occupational-related information according to your interests
- Occupational Information Network (O*Net) (<http://online.onetcenter.org/>)

❑ Research potential occupations

- View Career Services major sheets (www.ithaca.edu/sacl/careers/docs/WCYDWAMI/)
- Occupational Outlook Handbook (www.bls.gov/oco/)
- Shadow professionals
- Conduct informational interviews
- Use the Career Services Resource Center

❑ Explore

- Try out different courses
- Join clubs, organizations, and teams on campus
- Intern and volunteer for experience
- Work part-time and summer jobs for experience

❑ Meet with a career counselor who can help you explore your interests, skill, values and options

Some Things to Consider

- You should choose your major based on *your* interests, abilities, and values—not those of other people
- Your major is only one factor in determining your career
- Choosing a second major or a minor makes you more marketable to employers
- You can always change your major
- For certain majors, the sooner you declare the better

If you need help along the way, visit Career Services!

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www.ithaca.edu/careers