

Ready to declare? Simply fill out a Change of Major Form found at:
http://www.unco.edu/regrec/PDF%20Forms/Major_Minor_Change.pdf

Remember we're here to help! Schedule an appointment with
an advisor today by calling: 970-351-1391.

Step 1 – Self Exploration

The Major Decision Begins with You!

First, you must begin this process by separating your goals from other people's goals for you. Other people's ideas of the perfect major or career may not be right for you and you're the one who needs to go to class and do the work. So what are your dreams? What are your interests? What do you enjoy working with (people, data, things)? Here is a place to begin...

☐ **Explore & Consider Your:**

Interests: Remind yourself of what motivates you. What subjects make you excited to get up and go to class each morning?

Skills: Affirm your skills; what are you good at academically? And let's be fair; what are your weaknesses?

Values: When making a tough decision it is helpful to identify what is truly important to you. What do you want to make space for in your life?

☐ **Visit UNC's Career Services Office:** UNC has a staff of trained career counselors who can assist you in deciding on a major and a career. They help students formulate a plan for evaluating interests and strengths, even facilitating career testing like the Strengths Finder, Strong Interest Survey or the Myers Briggs Personality Test. They can also assist students in researching careers and connect them to alumni in that field through their **UNC Connect** and **Success Looks Like Me** programs. Their office is located in the University Center, 2nd Floor, Room 2166.

☐ **Journal:** Free-write an answer to the question, "What should I do with my life?" If that's too big, "What do I want to try next semester?" Be creative. Think of it as the next chapter in your personal story. What ideas seem too crazy to share, but you wrote down anyway? Sketch out a plan.

Step 2 - Major Exploration

So Many Majors, So Little Time...

There are over 100 different major choices that UNC offers and it can be an overwhelming decision to pick a major. Eventually a choice must be made. UNC policy states that students only have until they have completed 30 credits to declare a major, so here are some ideas of how to reach a decision!

- ☐ **Narrow down majors using the University Catalog.** Research majors by reading descriptions, specific degree requirements, admission requirements, and course descriptions for required courses.
- ☐ **Perform a "What if" degree analysis** through the Degree Works Portal within URSA to evaluate the courses you've taken and how these credits will fit into your different majors of interest.
- ☐ **Use MEAP's "Finding Your Major" Worksheet to Compare Majors.** This neatly compiled list tells you everything you need to know from introductory classes to take to the GPA needed to declare.
- ☐ **Take a class in an area of interest** – follow your curiosity! Most majors have an introductory class that will help you gain a breadth of knowledge about the major/career under consideration.
- ☐ **Meet with advisors from majors you are interested in.** Academic department advisors are usually professors and are experts in their field! They know the most about their program and careers the major leads to. They love the opportunity to speak to students about what they teach and study!
- ☐ **Declare your Major.** Go to the office of the Major you wish to declare and complete a Change of Major form. You can always change your major if you find it's not the right fit for you.

Step 3 - Career Exploration

What Do I Do With This Degree?

A college education opens doors to not only a job, but a career. What do you want that career to look like? At UNC, we have resources for you to figure that out as well. Take advantage of these resources!

- ☐ **Use the *Major to Career Guides* and *What Can I Do with This Major?* Tools on the Career Services Website!** These online tools are interactive and show every UNC bachelor degree program, including a description of the major, desirable personal qualities, potential occupations and employers. This is accessible through the Career Services Website at: www.unco.edu/careers
- ☐ **Browse jobs on O*NET or the Occupational Outlook Handbook.** These are well-established and researched online sources that provide in-depth information on specific careers, educational requirements, earning data, and projected employment trends. These also can be found on the Career Services Website.
- ☐ **Seek out a mentor** - engage one of the significant adults in your life (a teacher, relative, pastor) who can help you envision a future you. This person can be a sounding board to the exploration you are going through and may be able to speak objectively about your strengths and weaknesses.
- ☐ **Complete an Internship with a Company in your Field of Interest.** Completing an internship is a great way to “try-out” a career field and get job experience to boot! Every year the Career Services office hosts a Job and Internship Fair. Look for info on their website at: http://www.unco.edu/careers/student_alumni/fairs_events_students.html

Keep in mind that these Steps do not have to be followed in a linear progression you can skip around from one step to another and then back to the first. Use what is helpful to you in your search for a major.

HOW TO CHOOSE A COLLEGE MAJOR

In three relatively painless steps...



Major Exploration & Academic Probation

Michener Library, Lower Level, Room L149

970-351-1391

<http://www.unco.edu/major-exploration-academic-probation/>



UNIVERSITY OF
NORTHERN
COLORADO