

CHOOSING A MAJOR GUIDE

Going to college and trying to deciding on a major can be scary time for many. Finding the right fit can be an extensive process and many people often change their paths several times! It is totally normal to be stressed and nervous. To help you on your journey of finding the right major for you, here are a few steps that could be helpful in your decision:

Things to consider when choosing a major

- Choose a major based on your values, interests, skills, & abilitites (VISA)
- Talk to your advisor to make sure you have the course requirements needed for a specific major/minor
- Your major is only one factor in determining a career path
- Choosing a second major/minor can make you more desirable to employers
- Students make this decision in different ways and on different timelines, so don't compare yourself to others
- It's very likely you'll work alongside both your career coach and your academic advisor during this process
- You can always change your major, but keep in mind that some majors you should declare sooner

Examine your interests, skills and values



The MBTI is an assessment which gives you occupational-related suggestions according to your personality and tendencies



For more in-depth interest assessment, visit us for the Strong Interest Inventory (SII) assessment which gives you occupational-related suggestions according to your interests

strong® Researching potential occupations

Click on one of these icons to check out their websites that allow you to explore job titles, what they do, the work environment, pay, job growth, etc! If you are wondering what you can do with majors your considering, then click on the icon "What can I do with this major"!



Explore other options

- Shadow or conduct informational interviews with professionals in different careers
- Try out different courses, clubs, organizations and teams on campus that spark your interest
- Intern, volunteer or work part-time jobs to explore your interests

If you need help along the way, set up a meeting with a Career Coach! To set up a meeting you can stop by 101 Muller Center at the front desk, call (607)-274-3365, email careers@ithaca.edu or visit our [website](#)!