



Declaring your Major with Confidence

Selecting a major is an important decision so you should take your time and choose wisely. As you get started, here are a few things to consider:

- Students often seek majors that point directly to a career (nursing, engineering, education, etc.), but there is rarely a linear relationship between your major and your career.
- Participate in experiential learning opportunities while you are pursuing your degree (co-ops, internships, and shadowing opportunities). These positions will shape your career path, allowing you the flexibility to choose a major that you enjoy.
- And finally, your major will not dictate what you do for the rest of your life, so select something that is of interest to you.

When trying to decide on a major, you may wish to take assessments like the Strong Interest Inventory or FOCUS2. While these are good resources they're just part of the process and your decision shouldn't be based solely on these results. Choosing a major takes more time and self-examination than what you'll gain by only using those tools, but using them in conjunction with this workbook will allow you additional self-assessment to help you choose the major that's right for you.

If you have questions along the way, schedule an appointment with your Exploratory Advisor by going to <https://exploratory.youcanbook.me>.

Let's get started!

I am undecided in my major because....

I don't know what I'm truly interested in.

I have many interests and I'm having a hard time narrowing them down.

I'm afraid that I'll make the wrong choice.

I know what kind of job/career that I would like, but I don't know what major to choose.

I don't know what degree programs UAH offers.

Other:

Interests

Next, let's see what you're interested in. When you find a field that matches your interests, you'll discover motivation and drive that will lead you to be successful, both academically and professionally.

When you read an online article, magazine or book, what is it usually about?

If you were told you had to work salary-free for one year, what job would you hold?

Do you like to work with your hands, build and/or fix things? If so, what do you enjoy most?

Do you enjoy volunteering your time? Where have you volunteered? What did you like about the experience?

In what subjects would your friends/family say you excel?

Do you enjoy writing? If so, do you keep a journal or maintain a blog?

Do you like explaining things to others (tutoring, teaching, training, etc.)?

Choose your preferences:

Group Project or Independent Project

Lead team or Work with team

Creative or Structured

Work Inside or Work Outside

Give the Presentation or Work on the Project

Perform the Research or Write the Paper

Do you have additional interests that you would like to list?

What kinds of things are of no interest to you at all?

Are you able to see any commonalities among your answers? If so, what are the common themes?

Which classes or subjects are/have been your favorites and why?

Of these subjects, which were you strongest in? What were your strengths?

What subjects did you like least? Were any of them frustrating to you? What did you not excel in academically?

Skills

Understanding your skills and aptitudes helps in the decision making process. Consider your strengths as you work through this list of skills and score yourself as follows:

4 – Highly Skilled; 3 – Skilled; 2– Neutral; 1 – Little Skill; 0 – No Skill

- | | |
|---|--|
| <input type="checkbox"/> Easily introduce myself to others | <input type="checkbox"/> Communicate clearly in writing |
| <input type="checkbox"/> Speak effectively in front of a group | <input type="checkbox"/> Tactfully handle conflict with others |
| <input type="checkbox"/> Write academically (research papers, etc.) | <input type="checkbox"/> Good listener |
| <input type="checkbox"/> Persuade others | <input type="checkbox"/> Present information clearly |
| <input type="checkbox"/> Sell goods/services | <input type="checkbox"/> Handle money |
| <input type="checkbox"/> Perform mathematical functions | <input type="checkbox"/> Take responsibility |
| <input type="checkbox"/> Manage multiple tasks | <input type="checkbox"/> Detail oriented |
| <input type="checkbox"/> Perform under stress | <input type="checkbox"/> Highly organized |
| <input type="checkbox"/> Effective note-taker | <input type="checkbox"/> Utilize technology |
| <input type="checkbox"/> Solve problems | <input type="checkbox"/> Think critically |
| <input type="checkbox"/> Facilitate communication between others | <input type="checkbox"/> Take initiative |
| <input type="checkbox"/> Reliable | <input type="checkbox"/> Adaptable and flexible |
| <input type="checkbox"/> Work independently | <input type="checkbox"/> Research and investigate |
| <input type="checkbox"/> Work with your hands | <input type="checkbox"/> Work well on a team |
| <input type="checkbox"/> Make good decisions | <input type="checkbox"/> Manage stress |
| <input type="checkbox"/> Interact with diverse groups | <input type="checkbox"/> Patient |
| <input type="checkbox"/> Tactful | <input type="checkbox"/> Help others deal with stress |
| <input type="checkbox"/> Speak another language | <input type="checkbox"/> Self-motivated |
| <input type="checkbox"/> Support others | <input type="checkbox"/> Teach or explain information |
| <input type="checkbox"/> Creative and artistic | <input type="checkbox"/> Play an instrument |
| <input type="checkbox"/> Learn computer programs/software | <input type="checkbox"/> Work with/train animals |

_____ Write directions or procedures

_____ Work with financial figures

_____ Lead others

_____ Increase effectiveness

_____ Construction/Building

_____ Create computer programs

_____ Understand operations and processes

_____ Take care of sick or injured people

_____ Successfully argue a point

_____ Analyze information and situations

_____ Think outside the box

_____ Develop innovative ideas

_____ Troubleshoot technological issues

_____ Advocate for others

_____ Build teams

_____ Understanding and sympathetic

Do you have any skills that were not listed? Be sure to list them here and give yourself a score on your skill level in each area.

Look over your scores. In what areas did you score the highest?

Why do you think you scored well in these areas?

In what areas did you have lower scores but are interested in improving upon?

What would be the importance of improving in these areas?

Now, look through the majors UAH offers. Circle those of interest. Mark through those that you have absolutely no interest in.

Arts, Humanities & Social Sciences

Art

Art History, Art Studio, Animation, Drawing & Painting, Graphic Design, Photography, Printmaking, Sculpture

Communication Arts

Rhetoric, Technical Communication

English

Foreign Language

French, German, Russian, Spanish

History

Music

Church Music, Jazz, Music Education, Music Technology, Performance Music, Piano Pedagogy

Philosophy

Political Science

Psychology

Sociology

Theater

Writing

Business Administration

Accounting

General Accounting, Federal Contract Accounting

Economics and Computational Analysis

Finance

Corporate Finance, Federal Government Finance & Contracts, General Finance, Investments & Financial Institutions

Information Systems

Business Analytics & Supply Chains, Cybersecurity & Information Assurance

Management

Acquisition Management, General Management, Human Resources Management, Supply Chain Management

Marketing

Corporate Marketing, General Marketing, Acquisition Management, Supply Chain Management

Education

Early Childhood/Early Childhood Special Education

Elementary Education (K-6)

Elementary, Elementary & Collaborative Education, Elementary & Language and Culture

Secondary Education (6-12)

Biology, Biology/General Science, Chemistry, English/Language Arts, Foreign Language, History, History/Social Sciences, Math, Physics

Kinesiology

Exercise Science, Physical Education (P-12), Sport Administration

Engineering

Aerospace

Chemical

Biotechnology, Materials

Civil

Environmental, General, Structural, Transportation

Computer

Electrical

Industrial & Systems

Mechanical

Optical

Nursing

BSN

RN - BSN

Science

Biological Sciences

Biological Sciences, Biochemistry, Pre-Professional Health Careers, Ecology & Evolution, Microbiology, Secondary Education, Exercise Physiology

Chemistry

Basic Chemistry, Biochemistry, Chemical Business, Chemical Education, Chemical Physics, Environmental Chemistry, Forensics, Materials Chemistry, Pre-Pharmacy, Pre-Professional, Pure Chemistry

Computer Science

Entertainment Computing

Earth System Science

Atmospheric Science/Meteorology, GIS & Remote Sensing, Human Dimensions – Societal Impacts

Physics

Applied & Theoretical Physics, Optics, Astronomy & Astrophysics, Engineering Physics, Secondary Education

Professional Studies

Professional Studies

Organizational Studies, Leadership, Strategies, & Dynamics, Technology, Science & Society

Pre-Professional Tracks

Dentistry

Law

Medicine

Occupational Therapy

Optometry

Pharmacy

Physical Therapy

Physician Assistant

Public Health

Veterinary

Look at the majors that are of interest; do they have anything in common? List the top 3 majors that are the most interesting to you and that you would like to explore further:

Because knowing what you do NOT want to do is important, list the 3 majors that are of the least interest to you:

Values

1. Review the list of values below place an “x” by those that stand out or resonate the most with you.
2. In the next box, group similar values together. You should have no more than 5 groups.
3. Highlight or circle the one word in each group that best represents the values in that group.

These will represent your core values, things that will be important to you as you think ahead toward your career.

Abundance_____	Dedication_____	Kindness_____	Punctuality_____
Acceptance_____	Dependability_____	Knowledge_____	Relationships_____
Accountability_____	Diversity_____	Leadership_____	Reliability_____
Achievement_____	Empathy_____	Learning_____	Resilience_____
Adventure_____	Encouragement_____	Loyalty_____	Resourcefulness_____
Advocacy_____	Enthusiasm_____	Making a Difference_____	Responsibility_____
Ambition_____	Ethics_____	Mindfulness_____	Responsiveness_____
Appreciation_____	Excellence_____	Motivation_____	Security_____
Attractiveness_____	Expressiveness_____	Optimism_____	Self-Control_____
Autonomy_____	Fairness_____	Open-Mindedness_____	Selflessness_____
Balance_____	Family_____	Originality_____	Simplicity_____
Benevolence_____	Friendships_____	Passion_____	Stability_____
Boldness_____	Flexibility_____	Performance_____	Success_____
Brilliance_____	Freedom_____	Personal Development_____	Teamwork_____
Calmness_____	Fun_____	Proactive_____	Trustworthiness_____
Caring_____	Generosity_____	Professionalism_____	Understanding_____
Challenge_____	Grace_____	Quality_____	Usefulness_____
Charity_____	Growth_____	Recognition_____	Versatility_____
Cheerfulness_____	Flexibility_____	Risk Taking_____	Vision_____
Cleverness_____	Happiness_____	Safety_____	Warmth_____
Community_____	Honesty_____	Security_____	Wealth_____
Commitment_____	Humor_____	Service_____	Well-Being_____
Compassion_____	Inclusiveness_____	Spirituality_____	Wisdom_____
Cooperation_____	Independence_____	Stability_____	
Collaboration_____	Individuality_____	Perfection_____	
Consistency_____	Innovation_____	Popularity_____	
Contribution_____	Inspiration_____	Power_____	
Creativity_____	Intelligence_____	Preparedness_____	
Credibility_____	Intuition_____	Proactivity_____	
Curiosity_____	Joy_____		
Daring_____			

Group 1	Group 2	Group 3	Group 4	Group 5

Action Plan

Let's create a plan for any additional self-assessment and major exploration!

- ✓ If you wish to take a formal assessment, you can schedule to take the Strong Interest Inventory through Career Services, or access FOCUS2 by going to www.uah.edu/career-services/services/focus and follow the directions to register (username is your UAH email, access code is *chargers*).
- ✓ Make an appointment with Exploratory advising (<https://exploratory.youcanbook.me>) to talk about the top majors you chose.
- ✓ Register for some lower level courses in your interest areas to see if you like them.
- ✓ Make an appointment with Career Services to explore careers related to your majors of interest.
- ✓ Plan to attend a student organization meeting or student event that's related to the majors. Talk to students there who are in the major(s) that you're interested in and ask them some questions about the program.
- ✓ Meet again with your Exploratory advisor when you're ready to either choose a college or declare a major.
- ✓ Schedule an appointment with the academic advisor in your new college to discuss requirements and academic expectations. You'll want to ask questions about the length of time to completion and about experiential learning opportunities associated with your major.
- ✓ If you're interested in a professional career (medical, dental, law, etc.), make an appointment with the Pre-Professional Advisor as well (<https://uahppa.youcanbook.me>). You'll work closely together while you're completing your degree.
- ✓ Regardless of how sure you are of the major you've chosen, it's always a good idea to have a parallel plan in case you need to make changes. Think about a second major option that would also work well for you. It's possible you could double major or use this field as a minor!