## **Keystone College**

# Six Steps to Choosing a College Major

### **Check Off as Completed**

- **Step 1: Self-Assessment of Interests**
- **Step 2: Examination of Skills & Abilities**
- **Step 3: Understanding What You Value about Work**
- **Step 4: Researching Occupations & Careers**
- **□Step 5: Information Review & Reality Check**
- **Step 6: Matching College Majors to Career Paths**

# **Choosing with Confidence College Major Worksheet**

# A 6-Step Process to Finding a College Major

Deciding your major (and minor) is a life decision, and one that can have an impact on your plans beyond college – either for your career or for continued studies in graduate school. Use this worksheet to help guide your thinking as you take steps toward choosing a college major that is best for you.

☐ Step 1. Self-Assessment of Inte	erests	: Write down a list of activities, course subjects, and
topics that interest you, inspire you. What are	your li	kes and dislikes – about school, hobbies, work, and
volunteering?		
<u>FOCUS</u>		
	http://\	www.truity.com/test/holland-code-career-test
Things That Interest and/or Inspire Me		
choosing a major (and a future career) is a rea	alistic re of the	ilities: One of the most important elements in eview of your strengths and weaknesses, skills, and subjects/skills you are best at, as well as those you and abilities.  Skills That I Don't Want to Use or Am Weak in

☐ Step 3. Understanding What You Value About Work: Different jobs and careers			
provide a range of intrinsic rewards to people working in them. For example, teachers place a much greater value on educating and impacting the lives of their students than they do on financial rewards. What are you seeking from your career? Some examples include helping society, working under pressure, stability, security, social status, and financial rewards. Write down a list of what you seek from your future career. Complete the Identifying Your Values Worksheet.			
IDENTIFYING YOUR VALUES WORKSHEET			
The Values I Want From My Job/Career			
$\hfill\Box$ Step 4. Researching Occupations and Careers: Many students have a good idea of the			
$types\ of\ work\ and\ what\ they\ want\ to\ do,\ but\ rarely\ do\ they\ have\ a\ full\ understanding\ of\ the\ requirements$			
of the work, or even what the work fully entails. Others have never really thought about careers and have			
little or no knowledge of what they want to do after college. This step involves conducting research and			
recording information found about one or more potential career fields. Write down summary notes below			
and use additional sheets for printouts to keep detailed information about each career path.  O*NET			
Potential Career Fields for Me			
☐ Step 5. Information Review & Reality Check: Now that you have a better			
understanding of yourself and one or more potential career paths, it's time to conduct an honest			
appraisal of whether your skills, interests, and values are a good match with the careers that most excite			
you. For example, you may love the idea of becoming a doctor, but do not have the math or science skills			
necessary for medical school. Your task in these situations is to conduct further research to see if other			
career paths in the same field will be a good match for you. (Go back to step four if you need to more			
research) Write down the list of careers and jobs that best seem to fit your interests AND skills.			

Careers/Jobs That Best Fit Me	
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☐ Step 6. Matching College Majors	s to Career Paths: For many jobs, the choice of
college major is not as important as the actual o	degree, Choosing a major (or combination of majors and fareer often provides a deeper level of skills and
· · · · · · · · · · · · · · · · · · ·	pors for internships, and other part-time work experience
n the field prior to graduation. Conduct researc	ch on the career from step five to help determine the best
	int to be a high school math teacher, what should you
najor in? Write down your list of potential maj	ors and minors here.
Prospective Careers	Appropriate Major(s)/Minor(s)
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