

# 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**



□ **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**

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□ **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**

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□ **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 to Career Paths:** For many jobs, the choice of college major is not as important as the actual degree, Choosing a major (or combination of majors and minors) that is directly related to your choice of career often provides a deeper level of skills and understanding of the subject as well as open doors for internships, and other part-time work experience in the field prior to graduation. Conduct research on the career from step five to help determine the best college major. For example, if you think you want to be a high school math teacher, what should you major in? Write down your list of potential majors and minors here.

**Prospective Careers**

**Appropriate Major(s)/Minor(s)**

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