

How to Choose a Major

Choosing a major calls for gathering information, weighing alternatives, and allowing unhurried time for both thinking concretely and daydreaming. Choosing a major should be a *process*, leading to discovery and, ultimately, increased career satisfaction.

This process may or may not be a step-by-step progression; rather, it may be fluid or cyclical, i.e. starting at step 4 or 5 and then discovering this is not what you want to do in life and then moving to step 1.

(Note: Words in “BLUE” are links to web resources. Press CTR+Click to follow link)

The Process...

1. Self-assessment/discovery
 - ✓ [Values and Values Self-assessment - Work Importance Profiler](#)
 - ✓ [Interests](#)
 - ✓ [Personality](#)
 - ✓ [Skills](#) or [Skills Profiler](#)
 - ✓ Other interesting web links: www.whodoyouwant2b.com or becomopedia.com
 - ✓ Visit our Career Center to complete a Myers Briggs Type Indicator (MBTI) Career Report and/or Strong Profile College Edition

2. Identify options/Research
 - ✓ Gather possible careers from self-assessment results (above)
 - ✓ Use Career Services resources such as [web links](#), [videos](#), and books
 - ✓ Read [Vocational Biographies](#) for thousands of occupations (free access from on campus; SURF ID and Password required for access off campus)
 - ✓ Know your projected [salary](#) for the local area, [job description](#), where you can gain [educational and experiential preparation](#), etc.
 - ✓ [Or](#) use the [virtual career center](#)

3. Decision Making

- ✓ Compare options side by side
- ✓ Identify pros and cons
- ✓ Identify if [negative self-talk](#) or self-defeating thoughts may be influencing your decision
- ✓ Discuss your options with those who know you well
- ✓ Remember to check options against what you learned in self-assessments
- ✓ Does it fulfill your passion in life as well as meet your practical needs?
- ✓ Remember, it is your life goals and ultimately your decision!
- ✓ Try the [Career Decision-making Difficulties Questionnaire](#)
- ✓ Develop [SMART goals](#).

4. Design Your Career Plan (short term/long term)

- ✓ [Explore majors in California on-line](#)
- ✓ Use academic resources to link career choice with college major(s): [in California](#), [Out of State](#),
- ✓ [What Can I do with this Major?](#) , or google “What Can I do with a Major in___”
- ✓ Identify educational requirements with a counselor – set up an academic plan
- ✓ Visit the [Transfer Center](#)

2. Experience Your Field

- ✓ [Associations](#)
- ✓ Conduct [Informational Interviews](#) &/or see www.roadtripnation.com
- ✓ Job Shadow, locate [MCC Internship opportunities](#) and other [Internships](#); seek out [Service Learning](#) opportunities
- ✓ [Volunteer](#) or work in your intended field when possible – experience is important and will tell you if this field is right for you!

5. Launch your career (job search, resume...)

- ✓ Visit the Career Center if you need employment and/or assistance finding and communicating with potential employers
- ✓ Create [resumes, cover letters](#), or use one of our resume/cover letter [templates](#)
- ✓ [On-the-Spot Resume Review](#) available once a week by one of our career center specialists
- ✓ Job search engines: look up how your future jobs are being advertised, and how to best prepare at www.indeed.com or www.monster.com
- ✓ Prepare for interviews and read about [others' experiences of interviewing](#) with specific companies

