

CHOOSING A MAJOR

Career Services and Employer Relations ♦ 228 Roosevelt Hall ♦ Kingston, RI 02881 ♦ (401) 874-2311 ♦ <http://career.uri.edu>

1. REST ASSURED, YOU ARE NOT ALONE!

Nationally, three out of four entering students express some uncertainty about their choice of major, while between one and two-thirds change majors. Recent studies suggest that it is typical for undergraduates to try out four or five majors before arriving at a decision. (*University of Minnesota: CDC*)

2. SELF ASSESSMENT

Assessment tools can help you learn more about yourself and can be extremely helpful when choosing a major. Assessment instruments available at the Office of Career Services and Employer Relations include the Strong Interest Inventory, Myers-Briggs Type Indicator, TypeFocus and the Campbell Interest and Skill Survey. A career advisor will walk you through the process and the results of each assessment.

3. DON'T RUSH

Selecting a major is a process and a decision that should not be rushed. Do not jump into a major before you have completed your research. First start by asking yourself, "What can this major do for me?" The following steps should help you to answer that question.

4. DO YOUR RESEARCH

How does a major translate into a career? Visit the Office of Career Services and Employer Relations website <http://career.uri.edu/resources.shtml> and check out the resource *What Can I do With This Major?* This resource outlines the common career areas, employers, and strategies designed to maximize career opportunities.

5. TALK IT OUT

Set up an appointment on *RhodyNet* (access at <http://career.uri.edu>) with a career advisor and talk to professors, family and friends about majors that you are interested in pursuing. The more you talk and the more feedback you receive, the clearer your decision will become.

6. CAREER EXPLORATION

Internships are the best way to learn if a certain career/major is a good fit for you. Visit *RhodyNet*, our online career database, to explore opportunities and get a feel for the kinds of jobs you could pursue with different majors.

7. FAST FORWARD

Realistically think about what you want your life to look like in the future and what major would help you complete that picture. This may seem like an overwhelming task but once you have explored your interests you are going to be able to narrow the list of majors that appeal to you.

GOOD LUCK!