

# What Can I Do With This Major?

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## What's a Major For?

Majors are part of the process that leads to earning a degree. They are designed for academic purposes rather than career purposes. The link between majors and specific career fields is often unclear.

- ❖ So what comes first- the career or the major?
- ❖ Most people don't think about what they can do with their major ahead of time. However, if you know where you would like to end up you are likely to get there faster if you are on the right path.

## Did you know that 1 out of every 5 college students change their major at least once?

Many college students have difficulty choosing the major that they want. This can lead to several outcomes.

- 1.) Having a degree you don't want to use
- 2.) Having to go back to school to get a degree you do want to use
- 3.) Spending more money than is needed to complete your education
- 4.) Wasting time that you can never get back
- 5.) Frustration
- 6.) Stress

To avoid this, it is best to use all available resources to figure out where you want to go. Some resources available to you are:

- Career Counseling (CAN BE SCHEDULED)
- Career Inventories (CAN BE SCHEDULED)
  - Strong Interest
  - Myers Briggs
- Computer Guidance (WE ARE USING THIS TODAY)
- Occupational Searches (WE ARE USING THIS TODAY)
- Workshops
- Field interviews -taking advantage of the staff and faculty at Darton
- Freshman Orientation- a class that uses all of these resources together



The purpose of this exercise is to help you identify your interests and discover careers that interest you. Once that is done we can explore college majors that relate to those careers.

Go to this site on your web browser:

<http://www.nycareerzone.org/flash/index.jsp>

1.) Click on “assess yourself”. Once on this page you are going to read about the different interest areas. They are:

- Realistic
- Investigative
- Artistic
- Social
- Enterprising
- Conventional

2.) As you read them, choose which interest areas are most like you. Choose the one with the most interest first and then choose a second and a third.

- ❖ This is going to help assess your interests and show you occupations that relate to those interest areas. This 3 letter code is called your Holland code, this is the same code used to classify occupations in the occupational handbook.

3.) Using your 3 letter code click **VIEW OCCUPATIONS**

4.) Read over those occupations and see if any of them are things that you have thought about before.

5.) Write down 3 of the occupations that interest you?

1.) \_\_\_\_\_

2.) \_\_\_\_\_

3.) \_\_\_\_\_

When you are finished go to the Darton homepage, [www.darton.edu](http://www.darton.edu).

**We are going to use GCIS to look at different majors and occupations.**

- ❖ This tool can tell you all the information you need to know about different occupations and college majors. It also assists you in finding jobs within majors. It is a great tool.

For more information or if you would like to take the Career Inventories please schedule an appointment. Thank you for your participation.