# EXPLORATORY

**I Can't Find Any Majors That Interest Me**

# What's in a major?

Don't judge a major by its title and don't dismiss others based on what you THINK they represent. A lack of information or MIS-information could result in you disregarding a major that you might really be interested in and enjoy.

## Myths

- Major ≠ Career

- You're not deciding what you're going to do the rest of your life.

- You CAN change your mind.

- You're not alone!

## Resources

- Student learning outcomes by major:  https://catalog.ufl.edu/UGRD/programs/#filter=.filter_22

- Degree shopping on https://one.ufl.edu

- Majors At UF By Interest Area list:  https://warrington.ufl.edu/undergraduate-current-students/wp-content/uploads/sites/45/2018/03/majors-at-uf.pdf

- https://www.myplan.com/majors/what-to-do-with-a-major.php

- Explore department websites

- Speak to professors, advisors, other students, etc.

Be Exploratory;

Be Proud

# ACTIVITY

Review the list of majors at UF and circle the ones that sound interesting and also consider those you are maybe just curious about (https://www.advising.ufl.edu/docs/choosingmajorworksheet.pdf).

Use the resources on the first page to find information on the majors you identified and fill in this table:

| | What skills will I learn? | What knowledge will I develop? |
|---|---|---|
| **Major:** | | |
| **Major:** | | |
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| **Major:** | | |
| **Major:** | | |

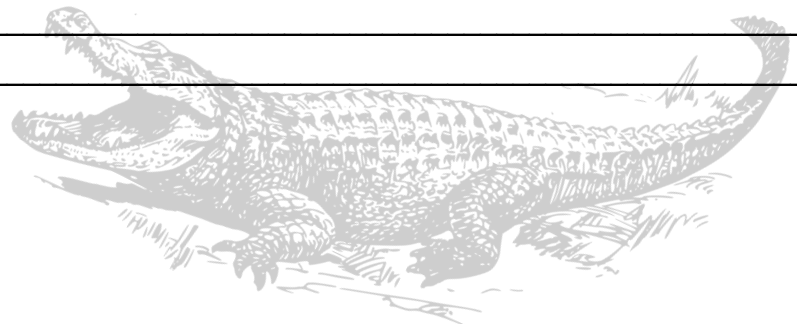# DO YOU HAVE A DREAM JOB?

## Resources

- **CCC**
- **Classes**
- **Professors**
- **Professionals/ Shadowing**
- **Interning**
- **Volunteering**

What do you really know about the field? Use the resources below to research it.

Once I've learned more about the knowledge, skills and other training that make up the qualifications for my dream job, what majors on campus could provide me with that transferable knowledge, skill set and experience (i.e. what did you learn from the exercise above?

_____

_____

_____

_____

_____

- **Online Resources:**

  - O*Net:  http://www.onetonline.org/

  - OOH: http://www.bls.gov/ooh/

  - Career Roadmaps:  https://www.crc.ufl.edu/students/prepare-for-your-search/industry-resources

  - "My Plan" (students must go to the CRC for access): http://www.myplan.com/careers/index.php

## If you're not sure, that's OK!

**Ask yourself what qualities would be most desirable in a potential career?**

What skills would you be employing?

_____

_____

With whom/what are you working?

_____

_____

What's the environment like?

_____

_____

## … What else do I need to know about myself?

### Resources

CHOMP:  http://www.crc.ufl.edu/students/studentChomp.html.  Schedule a one-on-one appointment with a career planner.

Online personality/interest assessments: * http://www.excelsior.edu/web/career-center/self-assessment (* There could be fees associated with some of these).

My Plan:  http://ufl.myplan.com/.

Campus and community involvement: https://www.studentinvolvement.ufl.edu/

http://www.leadershipandservice.ufl.edu/

What classes have I taken/am I taking that I like?:

What classes have I taken/am I taking that I don't like?:

What are my strengths? (ask people you know for their opinions)

What are my weaknesses? (ask people you know for their opinions)

What personal and professional values are important to me?

What am I involved with outside of the classroom?  What am I enjoying about this involvement?  What have I been learning?

What do I enjoy doing in my spare time?

# SELF EVALUATING YOUR VIPS

## Values + Interests + Personality + Skills = Job Satisfaction

**Directions:** On a separate sheet of paper, write down your top 5 results from each of the 4 self assessments listed below.

## Values

Consider:

- Is it important that you believe in the mission of an organization?

- How important is work-life balance?

- Where do you want to live?

- Do you want flexible work hours?

- How long of a distance are you willing to commute?

Complete the following assessment:

http://www.lifevaluesinventory.org/

## Interests

Consider:

- What have you received praise or recognition for in the past?

- Do you enjoy activities that relate to people, things or data?

- What do you find most fulfilling and enjoyable?

Complete the following assessment:

http://www.mynextmove.org/explore/ip

## Personality

Consider:

- Do you prefer to lead or follow?

- Do you prefer to work as part of a team or alone?

- Do you prefer a regular routine or an ever-changing schedule?

Complete the following assessment:

http://www.humanmetrics.com/cgi-win/jtypes2.asp

## Skills

Consider:

- What technical skills are invaluable in your target fields?

- Do you prefer to communicate in writing or verbally?

- Do you enjoy analyzing complex issues, problems or data?

Complete the following assessment:

https://careers.d.umn.edu/skills_inventory/

# MY COLLEGE PLAN...

## Goals:

**I want to learn:**

**I want to become good at:**

**Possible majors:**

**Possible minors/certificates:**

**Extra-curricular: ***

I want to join the following student organizations and be an active member or even an officer:

I want to get involved in volunteering and community service in the following kinds of organizations:

I want to try to intern at:

I want to get involved in research:
When:

Where:

**\* Keep a portfolio of your work, along with a running list of contacts.**