

EXPLORATORY

I HAVE A MAJOR OF INTEREST, BUT I AM NOT READY OR ABLE TO DECLARE IT.

Questions to Consider

1. What interests you about the major?

2. What do you still need to know to be comfortable with your decision to declare it?

3. What can you do to seek out this information?

4. What skills do you think this major will help you develop?

5. How do these skills apply to your future dream career?

6. If you're unable to declare the major, what other majors on campus could help you develop that similar skill set to also prepare you for your future dream career?

***Did you know?:** 61% of UF students change majors within the first two years!*

***Myth:** Once I declare a major, it looks bad if I keep changing it.*

***Truth:** Changing your major during your college career is absolutely acceptable and even statistically likely to happen.*

FYI: On Average, people have 11 different jobs and 2 careers in their lifetime.

MAKING AN ACTION PLAN

1. I need to be ready to declare a major by: _____

2. To declare a major, I go to: _____

3. These are the top 3 questions/ concerns I have about declaring my major:

- _____
- _____
- _____

4. This semester, I will utilize the following 3 resources, or talk to the following 3 people to help address my concerns:

- _____
- _____
- _____

5. If I am not able to declare my original major, I will use these resources to help me explore other similar majors that can prepare me for my field of interest.

6. If I have a field of interest, I will take the following steps to learn more about it so that I can identify another major of interest.



**BE EXPLORATORY;
BE PROUD!**

Myth: Once I declare a major, I can't explore other academic interests.

Truth: There are usually ways to continue to track for other majors or explore other interests after you have declared - The Exploratory Team can help with this!

RESOURCES

How to learn about majors at UF?

1. Undergraduate Catalog
 “Academic Programs”
 1. “Academic Learning Compacts” (list of learning expectations and outcomes by major)
 2. “Majors”
2. Department websites, professors, advisors (UF Advising contacts: <http://www.ufadvising.ufl.edu/college-advising-contacts/>)
3. Peers in classes, in student organizations, etc.
4. Career Roadmaps: <https://www.crc.ufl.edu/students/prepare-for-your-search/industry-resources/> (Description of professional fields, general skills, sample UF majors to explore, UF organizations to get involved with, sample local opportunities, job boards for internships and full-time jobs as well as sample employers who recruit UF students).
5. Majors at UF By Interest Area: <https://warrington.ufl.edu/undergraduate-current-students/wp-content/uploads/sites/45/2018/03/majors-at-uf.pdf>.

How to learn about careers?

1. “What can I do with a major in...”: <https://www.myplan.com/majors/what-to-do-with-a-major.php>.
2. O*Net: <http://www.onetonline.org/> (Explore occupations by specific skills, browse groups of similar occupations....)
3. **Occupational Outlook Handbook**: <http://www.bls.gov/ooh/> (Career information on duties, education and training, pay, and outlook for hundreds of occupations).

How to make decisions and deal with stress?

1. Career Resource Center (<https://www.crc.ufl.edu/students/explore-majors-careers/>)
2. Counseling and Wellness Center (<http://www.counseling.ufl.edu/cwc/>)