

Checklist for Choosing a Major

The following checklist consists of five main steps that may help you decide on a major. Each section includes a space for you to set a goal date and options for completing the step.

* IMPORTANT* You must declare a major by the time you complete 80 credits or a registration hold will be placed on your records

Step 1: Familiarize yourself with available resources and services.

Complete by:

- Schedule an initial appointment with an academic advisor.
- Research the free Career Services workshops and choose one that fits your needs: http://www.metrostate.edu/msweb/pathway/academic_success/counselcareer/career_services/index.html
- Check out the Student Activities Office website for activities or organizations that may pertain to your major or career choice at: http://www.metrostate.edu/msweb/pathway/academic_success/slld/student_orgs.cfm

Step 2: Gather information about the majors and careers of your interest.

Complete by:

- Read about these majors in the Metropolitan State undergraduate catalog and/or on the majors website at: <http://www.metrostate.edu/msweb/explore/catalog/undergrad/index.cfm?lvl=U>
- If you are not sure about a major at this point, investigate career interest assessments available through Career Services: (651) 793-1528 or career.services@metrostate.edu
- Seek input from your significant other, family, friends, professors, and employer.
- Conduct research about your potential majors and related career fields through sources such as the library and the internet for example, <http://www.iseek.org> or <http://www.metrostate.edu/career>
- Meet with an advisor to discuss careers related to specific majors
- Keep a personal journal describing your thoughts, as you explore different options.

Checklist for Choosing a Major (continued)

Step 3: Evaluate your majors and careers research and narrow your choices to one to two majors.

Complete by:

- Eliminate any majors that are of little interest to you.
- For each remaining major, list the pros and cons of the major and related careers. Look for significant plusses and minuses.
- Contact your academic advisor and Career Services if you have difficulty narrowing your choices.
- Make your decision! Based on your research and evaluation, decide which 1-2 majors you will explore further.

Step 4: Conduct additional research and gather more detailed information about the remaining one to two majors.

Complete by:

- Read course descriptions in the Metropolitan State Undergraduate Catalog: <http://www.metrostate.edu/msweb/explore/catalog/undergrad/index.cfm?lvl=U>
- Make a list of your interests, skills, and values and evaluate which major is the best fit.
- Write down potential rewards and or practical issues (e.g., how much time to complete the major) you need to consider as you review your majors and potential careers.
- Meet with your academic advisor or faculty member in the department(s) for the major(s) of your interest to gather additional information about the courses in your areas of interest.
- Evaluate your previous course work to determine if any of your transfer classes can be applied to the major
- Continue making and reviewing your journal entries.

Step 5: Choose your major.

Complete by:

- Based on your evaluation, decide which major you will choose.
- Consider adding minors for those areas that you did not select as your major.
- Contact your academic advisor to officially declare your major (and if applicable, your minor) and discuss which courses to register for in the next term.