

## Choosing the Right Major

### Done: Things To Do:

#### What do you like and not like?

List 10 things you love (both inside or outside the classroom).

o If you enjoy art and drawing but you're also interested in technology, consider majoring in graphic design.

o If you're into business and traveling, investigate majoring in international business.

Think about the subject you **enjoyed** the most during high school.

Make a list of strengths and **weaknesses**.

o Whose homework could you finish in no time because it came easy to you?

o Did anyone ask for your help in a class because you were the known expert? Did you enjoy helping them with the subject?

**Do not** automatically **dismiss** subjects you are not very good. You can improve by taking classes or using tutors

**Challenge** yourself with subjects you genuinely want to learn more about.

Be **confident** that you will be able to do well in most of your coursework in your area of study

### Done: Things To Do:

#### What jobs do you see yourself doing after you graduate?

Think about the **skills** you will learn in your major, and how much those skills are in demand... Look at growth industries.

Internships and **volunteer** work are the best ways to get real hands-on experience in fields a major can lead to. You'll get a great understanding of what day-to-day life in the profession is like.

Your **immigration status** and major are interconnected. Your employment while on OPT must be related to your major field of study

If you major in certain Science, Technology, Engineering or Mathematics (**STEM**) **fields**, you will benefit from OPT STEM Extension - a 24-month extension.

### Done: Things To Do:

#### Have you done your homework?

Talk to advisers & professionals in different industries. Here are some questions you can ask them:

o Do you have college handbooks or other **guides** that I can browse or borrow?

o How should I plan my **schedule** so I'll complete all of the steps in guaranteeing that I can get into my major?

o Which elective courses do you **recommend**?

o Do you have any information to help me start exploring **careers**?

o What **activities** can I do at home and over the summer to get ready?

o What kinds of **grades** are required?

o Can you put me in touch with **recent grads** who are majored in this field

o Are there any special scholarships or **awards** that I should know about now, so I can work toward them?

### Done: Things To Do:

#### Why should you meet with your academic advisor?

Even though it's largely on you to make sure you're meeting your major requirements, your **advisor** should help you do that and can offer advice when picking electives.

Try to meet with your advisor once a semester, like when you're picking the next semester's classes, to make sure you're on the **right track**.

Share your **goals** with them—especially if you start thinking about changing your major—and let them know if you're having any trouble.

## Resources

[Academic Advising](#)  
[CGE- International Students & Scholar Services](#)  
[Career Guide to JMU majors](#)  
[Focus Self Assessment Tool](#)  
[General Education Program](#)  
[iCareer](#)

Make sure to complete the *Challenge Worksheet*

Intro. videos to:

- o [College of Arts and Letters](#)
- o [College of Business](#)
- o [College of Education](#)
- o [College of Health and Behavioral Studies](#)
- o [College of Integrated Science and Engineering](#)
- o [College of Science and Math](#)
- o [College of Visual and Performing Arts](#)
- o [Hart School \(Hospitality, Sport & Rec. Management\)](#)

**Choosing the Right Major:  
Challenge Worksheet**

Challenge yourself by doing something that you would not necessarily do if you did not have to,  
plus challenge what you think you actually know about majors and their career connections

- 1- Interview at least 1 person to find out how they went about choosing their major and what tips and advice they can give you.
- 2- Go through the information and resources found and listed on the previous page
- 3- With all of the information that you have generated, complete this worksheet:

1 Name of person you interviewed:	<input type="text"/>	<input type="text"/>								
2 (a) List at least 1 advice that will be the most applicable to your situation	<input type="text"/>	<input type="text"/>								
(b) Why?:	<input type="text"/>	<input type="text"/>								
3 Major Preference #1:	<input type="text"/>	<input type="text"/>								
4 List 3 pros and cons:	<table border="1"><thead><tr><th>Pros (reasons in favor)</th><th>Cons (reasons against)</th></tr></thead><tbody><tr><td><input type="text"/> <input type="text"/> <input type="text"/></td><td><input type="text"/> <input type="text"/> <input type="text"/></td></tr></tbody></table>	Pros (reasons in favor)	Cons (reasons against)	<input type="text"/> <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>	<table border="1"><thead><tr><th>Pros (reasons in favor)</th><th>Cons (reasons against)</th></tr></thead><tbody><tr><td><input type="text"/> <input type="text"/> <input type="text"/></td><td><input type="text"/> <input type="text"/> <input type="text"/></td></tr></tbody></table>	Pros (reasons in favor)	Cons (reasons against)	<input type="text"/> <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>
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5 List 2 possible concentrations in this major:	<input type="text"/>	<input type="text"/>								
6 What are 2 (major-related) careers that you are most interested?	<input type="text"/>	<input type="text"/>								
7 Major Preference #2:	<input type="text"/>	<input type="text"/>								
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