

# How to Choose a Major

EXPLORATION THROUGH SELF-REFLECTION, INFORMATION  
GATHERING, EVALUATION AND DECISION MAKING  
WORKBOOK

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## Instructions & Expectations

This workbook is a comprehensive guide to the exploration process, and can help you choose a major!

How to use the workbook:

- Go at your own pace – this is for you, so put in as much as you hope to get out!
- The activities connect to each other so that you will build on your understanding as you go – it will be helpful to refer back to previous activities as you complete new ones.
- Blank Spaces: while many activities are structured, some require more brainstorming – follow the prompts to help guide you, and only fill in as much as is relevant for your situation.
- Reflect & Connect: this section helps you understand the connections between your motivators, personality traits, interests, academic success and your major options.
- Information & Options: this section provides you with key resources to help you gather information about potential majors so that you can explore options.
- Evaluate & Decide: this section helps you put it all together and narrow your choices in order to make an informed decision.
- Take Action: this section highlights next steps to help you move forward toward your goals.

Remember, majors exploration is a process! This workbook aims to help you thoughtfully and constructively choose a major using the best resource for the job – you!

## Learning Outcomes

- Apply the steps of the exploration process.
- Develop skills in self-reflection, information gathering, evaluation, and decision-making.
- Develop confidence in applying these skills to your exploration process.
- Engage in the exploration process as a foundation for choosing a major.

Some technical things to consider before getting started....

**Faculty** – division or school within the University that offers degree; like a student’s “house”

**Degree** – type of credential awarded; dependent on the major field of study

**Major** – specialized area of study; key focus of degree program; required to graduate

**Minor** – secondary area of study that is different from major; not required to graduate

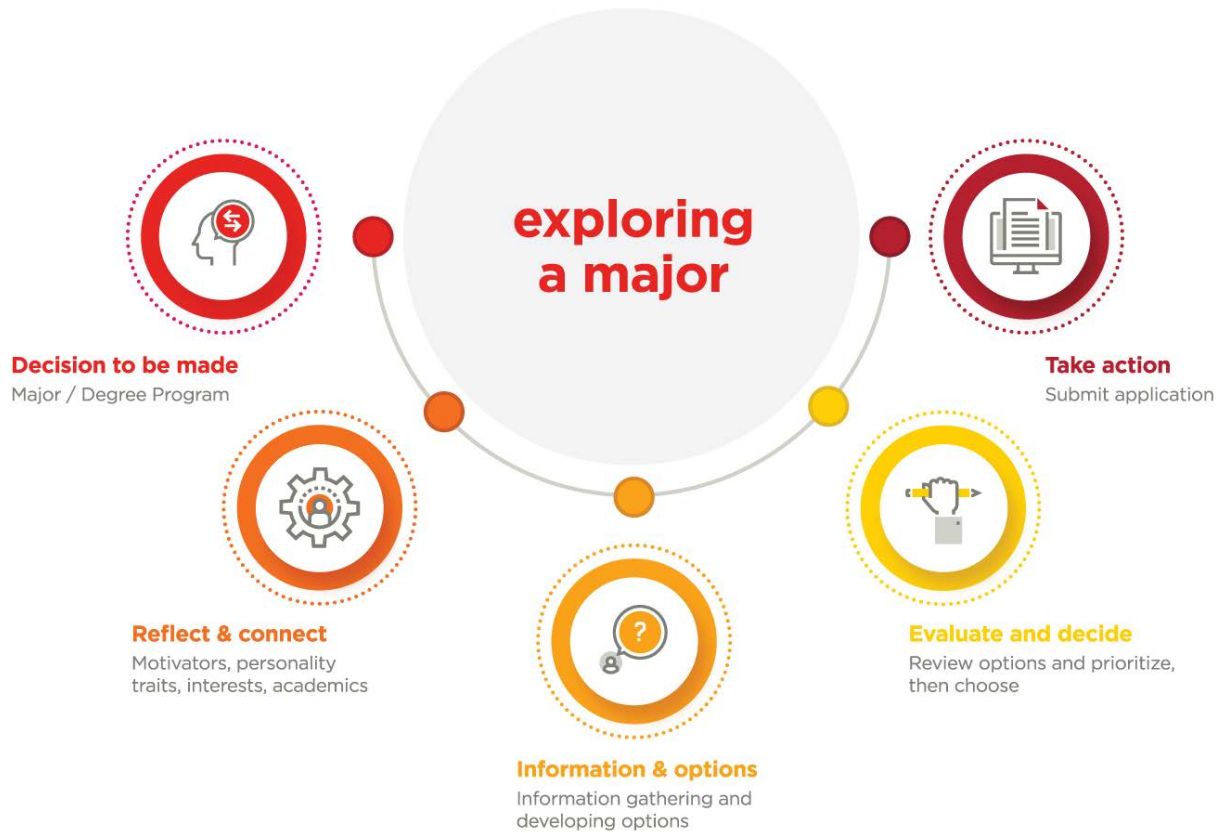
### Degree Structure

- all undergraduate degrees are 120 credits, which is 40 courses
- the major field of study is the “majority” of the courses in a degree
- some majors are more comprehensive than others, but most are about 60 credits or 20 courses
- all undergraduate degrees have space for options or electives
- majors range from 14-30 courses, which leaves 10-26 courses for options
- minors are a way to organize options or electives within a degree

## Exploration Process Model

This is the model we will follow throughout the workbook to guide your decision making.

The model overview is listed on the left. The questions on the right are specific to the process of exploring majors with the goal of coming to a final decision.



## Reflect & Connect

### Motivation

What made you choose to attend university?

Reflect on these questions as you answer the statements below with “Strongly Agree” (5) to “Strongly Disagree” (1).

	<b>Strongly Disagree</b>	<b>Disagree</b>	<b>N/A</b>	<b>Agree</b>	<b>Strongly Agree</b>
I decided on my own to attend university.	1	2	3	4	5
My family encouraged me to attend university.	1	2	3	4	5
I feel societal pressure to attend university or to study a certain subject.	1	2	3	4	5
I am attending university because I really want to learn.	1	2	3	4	5
I am attending university to achieve a well-paying job after I graduate.	1	2	3	4	5
I have always been interested in several academic subjects.	1	2	3	4	5
I have only ever been interested in one or two academic subjects.	1	2	3	4	5
I have always been involved in activities outside of academics.	1	2	3	4	5
I have talked to people about potential career options.	1	2	3	4	5
I want my major to give me the feel of prestige/I want to be a high-status individual.	1	2	3	4	5
There is more to my university experience than academics.	1	2	3	4	5

## Reflect & Connect

Consider your answers from the previous page to answer the following questions:

Based on your answers do you believe:

- |   |     |    |
|---|-----|----|
| a) It is up to you to decide what to major in                                   | yes | no |
| b) Your family, friends or societal expectations will dictate your major choice | yes | no |

In deciding on a major, which of the following is most important to you?

Rank order these motivators, where 1 is most important and 4 is the least important.

- Getting a high-paying, prestigious job \_\_\_\_\_
- Studying something I'm very interested in \_\_\_\_\_
- Getting the most from my university experience \_\_\_\_\_
- Gaining new skills \_\_\_\_\_

What is your top motivator for choosing a major?

How will this influence your major exploration process?

- I will start by looking at career options
- I will register in courses I'm interested in to explore my options
- I will find extracurricular opportunities to enhance my academics
- I will determine which skills I'd like to develop and look for academic and/or extracurricular activities to acquire them
- Other (please note below any other considerations)

How will you know when you've found the right program?

- I will have a clear path to a desired occupation/career
- I will be very excited about the majority of classes required for my major
- The extracurriculars I'm engaged in will provide meaning to my academics
- I will gain confidence in using the skills I'm developing
- Other (please note below any other indicators that you've found a good fit)

What excites you most about university?

## Personality Mosaic

**DIRECTIONS:** Circle the numbers of statements that clearly feel like something you might say or do or think – something that feels like you! – Takes 2-3 minutes

1. It's important for me to have a strong, agile body.
2. I need to understand things thoroughly.
3. Music, color, beauty of any kind can really affect my moods.
4. People enrich my life and give it meaning.
5. I have confidence in myself that I can make things happen.
6. I appreciate clear directions so that I know exactly what to do.
7. I can usually carry/build/fix things myself.
8. I can get absorbed for hours thinking something out.
9. I appreciate beautiful surroundings; color and design mean a lot to me.
10. I love company.
11. I enjoy competing.
12. I need to get my surroundings in order before I start a project.
13. I enjoy making things with my hands.
14. It's satisfying to explore new ideas.
15. I always seem to be looking for new ways to express my creativity.
16. I value being able to share personal concerns with people.
17. Being a key person in a group is very satisfying to me.
18. I take pride in being very careful about all the details of my work.
19. I don't mind getting my hands dirty.
20. I see education as a lifelong process of developing and sharpening my mind.
21. I love to dress in unusual ways, to try new colors and styles.
22. I can often sense when a person needs to talk to someone.
23. I enjoy getting people organized and on the move.
24. A good routine helps me get the job done.
25. I like to buy sensible things I can make or work on myself.
26. Sometimes I can sit for long periods of time and work on puzzles or read or just think about life.
27. I have a great imagination.
28. It makes me feel good to take care of people.
29. I like to have people rely on me to get the job done.
30. I'm satisfied knowing that I've done an assignment carefully and completely.
31. I'd rather be on my own doing practical, hands-on activities.
32. I'm eager to read about any subject that arouses my curiosity.
33. I love to try creative new ideas.
34. If I have a problem with someone, I prefer to talk it out and resolve it.
35. To be successful, it's important to aim high.
36. I prefer being in a position where I don't have to take responsibility for decisions.
37. I don't enjoy spending a lot of time discussing things. What's right is right.
38. I need to analyze a problem pretty thoroughly before I act on it.
39. I like to rearrange my surroundings to make them unique and different.
40. When I feel down, I find a friend to talk to.
41. After I suggest a plan, I prefer to let others take care of the details.
42. I'm usually content where I am.
43. It's invigorating to do things outdoors.
44. I keep asking "why".
45. I like my work to be an expression of my moods and feelings.

## Reflect & Connect

46. I like to find ways to help people care more for each other.
47. It's exciting to take part in important decisions.
48. I'm always glad to have someone else take charge.
49. I like my surroundings to be plain and practical.
50. I need to stay with a problem until I figure out an answer.
51. The beauty of nature touches something deep inside me.
52. Close relationships are important to me.
53. Promotions and advancement are important to me.
54. Efficiency, for me, means doing a set amount carefully each day.
55. A strong system of law and order is important to prevent chaos.
56. Thought-provoking books always broaden my perspective.
57. I look forward to seeing art shows, plays and good films.
58. I haven't seen you for so long; I'd love to know how you're doing.
59. It's exciting to influence people.
60. When I say I'll do it, I follow through on every detail.
61. Good, hard physical work never hurt anyone.
62. I'd like to learn all there is to know about subjects that interest me.
63. I don't want to be like everyone else; I like to do things differently.
64. Tell me how I can help you.
65. I'm willing to take some risks to get ahead.
66. I like exact directions and clear rules when I start something new.
67. The first thing I look for in a car is a well-built engine.
68. Those people are intellectually stimulating.
69. When I'm creating, I tend to let everything else go.
70. I feel concerned that so many people in our society need help.
71. It's fun to get ideas across to people.
72. I hate it when they keep changing the system just when I get it all down.
73. I usually know how to take care of things in an emergency.
74. Just reading about those new discoveries is exciting.
75. I like to create happenings.
76. I often go out of my way to pay attention to people who seem lonely and friendless.
77. I love to bargain.
78. I don't like to do things unless I'm sure they're approved.
79. Sports are important in building strong bodies.
80. I've always been curious about the way nature works.
81. It's fun to be in a mood to try or do something unusual.
82. I believe that people are basically good.
83. If I don't make it the first time, I usually bounce back with energy and enthusiasm.
84. I appreciate knowing exactly what people expect of me.
85. I like to take things apart to see if I can fix them.
86. Don't get excited. We can think it out and plan the right move logically.
87. It would be hard to imagine my life without beauty around me.
88. People often seem to tell me their problems.
89. I can usually connect with people who get me in touch with a network of resources.
90. I don't need much to be happy.



Reflect & Connect

Personality Mosaic Scoring

To score, circle the same numbers that you circled on the Interest Mosaic.

R	I	A	S	E	C
1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30
31	32	33	34	35	36
37	38	39	40	41	42
43	44	45	46	47	48
49	50	51	52	53	54
55	56	57	58	59	60
61	62	63	64	65	66
67	68	69	70	71	72
73	74	75	76	77	78
79	80	81	82	83	84
85	86	87	88	89	90

Now add up the numbers of circles in each column:

R \_\_\_\_ I \_\_\_\_ A \_\_\_\_ S \_\_\_\_ E \_\_\_\_ C \_\_\_\_

What are your highest scores?

1<sup>st</sup> \_\_\_\_\_ 2<sup>nd</sup> \_\_\_\_\_ 3<sup>rd</sup> \_\_\_\_\_

Adapted from: Michelozzi, B.N. (1998) *Coming alive from nine to five: The career search handbook* (3<sup>rd</sup> ed). Mountain View, CA: Mayfield Publishing Company

<p><b>Realistic (R)</b></p> <p>Characteristics of Realistic:</p> <ul style="list-style-type: none"> <li>• Physically skilled</li> <li>• Mechanical ability</li> <li>• Work with objects/things rather than ideas/people</li> <li>• Like tools, plants, animals</li> <li>• Enjoy being outdoors</li> <li>• Concrete problem solvers</li> </ul>	<p><b>Investigative (I)</b></p> <p>Characteristics of Investigative:</p> <ul style="list-style-type: none"> <li>• Observers, learners</li> <li>• Enjoy investigation, problem solving, analysis</li> <li>• Drawn to science/math</li> <li>• Work with ideas rather than people</li> <li>• Prefer less structure</li> </ul>	<p><b>Artistic (A)</b></p> <p>Characteristics of Artistic:</p> <ul style="list-style-type: none"> <li>• Creative, imaginative</li> <li>• Enjoy innovative ideas and artistic methods</li> <li>• Solves problems with unconventional thinking</li> <li>• Work with ideas, self-expression, artistic tools</li> </ul>
<p><b>Conventional (C)</b></p> <p>Characteristics of Conventional:</p> <ul style="list-style-type: none"> <li>• Detail Oriented</li> <li>• Work with data/numbers rather than ideas/people</li> <li>• Clerical ability</li> <li>• Organization and planning</li> <li>• Follow instructions</li> <li>• Prefer structure</li> </ul>	<p><b>Enterprising (E)</b></p> <p>Characteristics of Enterprising:</p> <ul style="list-style-type: none"> <li>• Task and goal oriented</li> <li>• "People" person</li> <li>• Enjoys opportunities to influence, persuade and manage others</li> <li>• Leadership, management</li> <li>• Works for economic gain</li> </ul>	<p><b>Social (S)</b></p> <p>Characteristics of Social:</p> <ul style="list-style-type: none"> <li>• "People" person</li> <li>• Enjoys opportunities to inform, help, train</li> <li>• Self-improvement or improvement of others</li> <li>• Solves problems through discussion with others</li> </ul>

Reference: Sharf, R.S. (2010). *Applying career development theory to counselling* (5<sup>th</sup> ed). Belmont, CA: Brooks/Cole Cengage Learning

Reflect & Connect

Interests

Use the chart below to brainstorm your Personal (P), Academic (A) and Occupational (O) interests. Write down anything that comes to mind, there are no wrong answers!

**Interest** – topics/activities you enjoy; when you're engaged in an interest you tend to lose track of time

(P) listening to music, (A) developmental psychology, (O) working independently on self-determined tasks

	<b>Personal</b>	<b>Academic</b>	<b>Occupational</b>
<b>Interests</b>			

Reflect & Connect

From the previous chart, indicate below the key interests that you see as most useful in choosing your major.

- 
- 
- 
- 

How do these interests connect to the top motivator you identified on page 5?

What draws you to each of these interests? What do you find interesting about these topics?

- 
- 
- 
- 

What would you like to learn about each of these interests?

- 
- 
- 
- 

Consider your top interests and what you'd like to learn about each of them, what themes/similarities/trends can you identify?

Can your desired major allow you to explore these themes/similarities/trends?

If you're not able to explore these themes/similarities/trends within a major, where else might you be able to pursue them (electives/options, clubs, volunteering, paid work, etc.)?

**NOTE:** Themes/trends in your interests can influence which classes you select and which major you pursue based on program content. Highlight the last three questions and return to them when you begin gathering information.

Reflect & Connect

Academic Successes & Challenges

Reflecting on your academic experience is helpful in considering what in your education works and what does not. This is important to connect back to when determining your program or major options.

<b>ACADEMIC SUCCESS</b>	
In which subject areas do you excel?	
In which courses have you achieved the highest grades?	
What kind of assignments have you enjoyed?	
What academic tasks are you most motivated to complete?	
What makes school engaging?	

---

<b>ACADEMIC CHALLENGES</b>	
Which subject areas do you find challenging?	
In which courses have you achieved the lowest grades?	
What kind of assignments have been a struggle?	
What academic tasks motivate you the least?	
When do you procrastinate most?	

Reflect & Connect

What does success mean to you/how do you know you've been successful?

List the grades achieved for your most recent 10 university level courses and your GPA on these 10 courses: (tip – use My Grades function in MyUCalgary portal)

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

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

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

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

GPA on last 10 courses: \_\_\_\_\_

Reflect & Connect

Mind-map

Use the following example as a guideline to complete the next exercise on page 14.

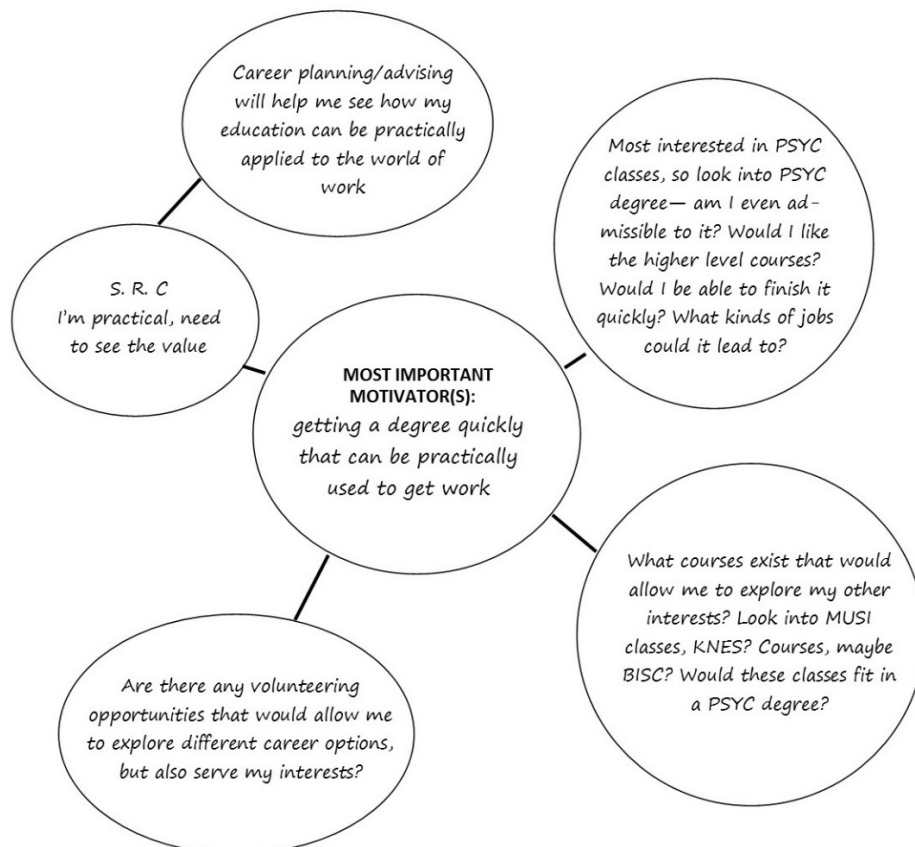
Now that you've explored your motivation, personality, interests and academic successes, it is time to draw connections that will help move you forward in the decision making process.

Consider:

How do these characteristics connect?

Can you identify ways they may intersect to influence your major exploration or decision making process?

MOTIVATORS	PERSONALITY TRAITS	ACADEMIC SUCCESSES	INTERESTS
<u>Get a degree quickly</u>	<u>Social</u>	<u>PSYC 200/201</u>	<u>Helping</u>
<u>Interest</u>	<u>Conventional</u>	<u>Multiple choice tests</u>	<u>Music</u>
	<u>Realistic</u>		<u>Career options</u>
			<u>Health/human body</u>



List any actions you can take based on this information:

- Seek program advising and career development advising
- Look into course outlines to explore course content
- Contact LSE regarding volunteer/student engagement opportunities

Reflect & Connect

Your turn!

1. Indicate your top motivator from page 5
2. Indicate your three letter personality code from page 8
3. Indicate key interest themes/trends from page 10
4. Identify key components from your Academic Success Chart from page 11
5. Brainstorm how all of these characteristics connect to move you forward!

<b>MOTIVATORS</b>	<b>PERSONALITY TRAITS</b>	<b>ACADEMIC SUCCESES</b>	<b>INTERESTS</b>
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
		_____	_____
		_____	_____



List any actions you can take based on this info:

- 
- 
-

## Majors By Personality Traits

See below to connect your top three personality traits (page 8) to the majors offered at UCalgary.

### **REALISTIC** – majors appealing to students who identify as Realistic

Archaeology (R, I, E)	Computer Science (R, I, C)	Geology (R, I, C)
Anthropology (Biological) (R, I, C)	Dance (R, I, A)	Geophysics (R, I, C)
Astrophysics (R, I, C)	Earth Science (R, I, C)	Kinesiology (R, S, E)
Bioinformatics (R, I, C)	Ecology (R, I, S)	Nursing (R, S, C)
Chemistry (R, I, C)	Engineering (R, I, E)	Physics (R, I, C)
Communication & Media Studies (R, A, E)	Film Studies (R, A, E)	Visual Studies (R, I, A)
Community Rehabilitation (R, S, E)	Geography (R, I, S)	Zoology (R, I, S)

### **INVESTIGATIVE** – majors appealing to students who identify as Investigative

Actuarial Science (I, E, C)	East Asian Studies (I, S, E)	Music (I, A, S)
Ancient & Medieval History (I, E, C)	Ecology (R, I, S)	Natural Sciences (I, S, C)
Anthropology (Social & Cultural) (I, S, E)	Economics (I, E, C)	Neuroscience (I, S, C)
Anthropology (Biological) (R, I, C)	Engineering (R, I, E)	Philosophy (I, S, C)
Archaeology (R, I, E)	English (I, A, S)	Physics (R, I, C)
Art History (I, A, S)	Environmental Science (I, E, C)	Plant Biology (I, S, C)
Astrophysics (R, I, C)	French (I, A, C)	Political Science (I, E, C)
Biochemistry (I, S, C)	Geography (R, I, S)	Psychology (I, A, S)
Bioinformatics (R, I, C)	Geology (R, I, C)	Religious Studies (I, A, S)
Biological Sciences (I, S, C)	Geophysics (R, I, C)	Russian (I, A, C)
Biomedical Sciences (I, S, C)	German (I, A, C)	Sociology (I, S, E)
Cellular & Molecular Biology (I, S, C)	Greek & Roman Studies (I, A, S)	Spanish (I, A, C)
Canadian Studies (I, S, C)	Health & Society (I, S, E)	Urban Studies (I, S, C)
Chemistry (R, I, C)	History (I, S, C)	Visual Studies (R, I, A)
Computer Science (R, I, C)	International Indigenous Studies (I, S, E)	Zoology (R, I, S)
Dance (R, I, A)	International Relations (I, E, C)	
Earth Science (R, I, C)	Mathematics (I, A, C)	

### **ARTISTIC** – majors appealing to students who identify as Artistic

Art History (I, A, S)	French (I, A, C)	Music (I, A, S)
Communication & Media Studies (R, A, E)	German (I, A, C)	Psychology (I, A, S)
Dance (R, I, A)	Greek & Roman Studies (I, A, S)	Religious Studies (I, A, S)
Drama (A, S, E)	Italian Studies (I, A, S)	Russian (I, A, C)
East Asian Language Studies (A, S, E)	Linguistics (I, A, S)	Spanish (I, A, C)
English (I, A, S)	Linguistics & Languages (I, A, C, S)	Visual Studies (R, I, A)
Film Studies (R, A, E)	Mathematics (I, A, C)	Women's Studies (A, S, E)



## Reflect & Connect

### **SOCIAL** – majors appealing to students who identify as Social

Art History (I, A, S)	Education (S + teachable subject codes)	Natural Sciences (I, S, C)
Anthropology (Social & Cultural) (I, S, E)	English (I, A, S)	Neuroscience (I, S, C)
Biochemistry (I, S, C)	Geography (R, I, S)	Nursing (R, S, C)
Biological Sciences (I, S, C)	Greek & Roman Studies (I, A, S)	Philosophy (I, S, C)
Biomedical Sciences (I, S, C)	History (I, S, C)	Plant Biology (I, S, C)
Canadian Studies (I, S, C)	Health & Society (I, S, E)	Psychology (I, A, S)
Cellular & Molecular Biology (I, S, C)	International Indigenous Studies (I, S, E)	Religious Studies (I, A, S)
Community Rehabilitation (R, S, E)	Italian Studies (I, A, S)	Social Work (S, E, C)
Commerce (S, E, C)	Kinesiology (R, S, E)	Sociology (I, S, E)
Drama (A, S, E)	Latin American Studies (I, S, E)	Urban Studies (I, S, C)
Development Studies (S, E, C)	Law and Society (S, E, C)	Women's Studies (A, S, E)
East Asian Language Studies (A, S, E)	Linguistics (I, A, S)	Zoology (R, I, S)
East Asian Studies (I, S, E)	Linguistics & Languages (I, A, C, S)	
Ecology (R, I, S)	Music (I, A, S)	

### **ENTERPRISING** – majors appealing to students who identify as Enterprising

Actuarial Science (I, E, C)	East Asian Language Studies (A, S, E)	Kinesiology (R, S, E)
Ancient & Medieval History (I, E, C)	East Asian Studies (I, S, E)	Latin American Studies (I, S, E)
Anthropology (Social & Cultural) (I, S, E)	Economics (I, E, C)	Law and Society (S, E, C)
Archaeology (R, I, E)	Engineering (R, I, E)	Political Science (I, E, C)
Communication & Media Studies (R, A, E)	Environmental Science (I, E, C)	Social Work (S, E, C)
Community Rehabilitation (R, S, E)	Film Studies (R, A, E)	Sociology (I, S, E)
Commerce (S, E, C)	Health & Society (I, S, E)	Women's Studies (A, S, E)
Development Studies (S, E, C)	International Indigenous Studies (I, S, E)	
Drama (A, S, E)	International Relations (I, E, C)	

### **CONVENTIONAL** – majors appealing to students who identify as Conventional

Actuarial Science (I, E, C)	Development Studies (S, E, C)	Mathematics (I, A, C)
Ancient & Medieval History (I, E, C)	Earth Science (R, I, C)	Natural Sciences (I, S, C)
Anthropology (Biological) (R, I, C)	Economics (I, E, C)	Neuroscience (I, S, C)
Astrophysics (R, I, C)	Environmental Science (I, E, C)	Nursing (R, S, C)
Biochemistry (I, S, C)	French (I, A, C)	Philosophy (I, S, C)
Bioinformatics (R, I, C)	Geology (R, I, C)	Physics (R, I, C)
Biological Sciences (I, S, C)	Geophysics (R, I, C)	Plant Biology (I, S, C)
Biomedical Sciences (I, S, C)	German (I, A, C)	Political Science (I, E, C)
Canadian Studies (I, S, C)	History (I, S, C)	Russian (I, A, C)
Cellular & Molecular Biology (I, S, C)	International Relations (I, E, C)	Social Work (S, E, C)
Chemistry (R, I, C)	Law and Society (S, E, C)	Spanish (I, A, C)
Commerce (S, E, C)	Linguistics & Languages (I, A, C, S)	Urban Studies (I, S, C)
Computer Science (R, I, C)		

Reflect & Connect

Major Non-Options

Use the charts below to cross-off majors that you know are not options. Identify why these majors are not options by circling the reason that best represents why you will not consider it. Use the following legend:

- AC** – too academically challenging
- I** – not interested in the content
- P** – not aligned with my personality
- JO** – limited/unclear/don't like the job options

<b>Arts</b>			
Ancient and Medieval History	AC I P JO	History	AC I P JO
Social and Cultural Anthropology	AC I P JO	International Indigenous Studies	AC I P JO
Biological Anthropology	AC I P JO	International Relations	AC I P JO
Archaeology	AC I P JO	Italian Studies	AC I P JO
Art History	AC I P JO	Latin American Studies	AC I P JO
Canadian Studies	AC I P JO	Law and Society	AC I P JO
Dance	AC I P JO	Linguistics	AC I P JO
Development Studies	AC I P JO	Linguistics and Language	AC I P JO
Drama	AC I P JO	Music	AC I P JO
Earth Science	AC I P JO	Philosophy	AC I P JO
East Asian Language Studies	AC I P JO	Political Science	AC I P JO
East Asian Studies	AC I P JO	Psychology	AC I P JO
Economics	AC I P JO	Religious Studies	AC I P JO
English	AC I P JO	Russian	AC I P JO
Film Studies	AC I P JO	Sociology	AC I P JO
French	AC I P JO	Spanish	AC I P JO
Geography	AC I P JO	Urban Studies	AC I P JO
German	AC I P JO	Visual Studies	AC I P JO
Greek and Roman Studies	AC I P JO	Women's Studies	AC I P JO

<b>Cumming School of Medicine</b>	
Community Rehabilitation	AC I P JO
Bioinformatics	AC I P JO
Biomedical Sciences	AC I P JO
Health and Society	AC I P JO

<b>Haskayne School of Business</b>	
Commerce	AC I P JO

<b>Nursing</b>	
Nursing	AC I P JO

<b>Social Work</b>	
Social Work	AC I P JO

<b>Kinesiology</b>	
Biomechanics	AC I P JO
Exercise and Health Physiology	AC I P JO
Kinesiology	AC I P JO
Leadership in Pedagogy and Coaching	AC I P JO
Mind Sciences	AC I P JO

<b>Werklund School of Education</b>	
4yr Education	AC I P JO
5yr Concurrent (elementary)	AC I P JO
5yr Concurrent (secondary)	AC I P JO
2yr After Degree (elementary)	AC I P JO
2yr After Degree (secondary)	AC I P JO

Reflect & Connect

<b>Science</b>			
Actuarial Science	AC I P JO	Geology	AC I P JO
Chemistry	AC I P JO	Geophysics	AC I P JO
Astrophysics	AC I P JO	Mathematics	AC I P JO
Biochemistry	AC I P JO	Natural Science	AC I P JO
Biological Sciences	AC I P JO	Neuroscience	AC I P JO
Cellular, Molecular, Microbial Biology	AC I P JO	Physics	AC I P JO
Chemistry	AC I P JO	Plant Biology	AC I P JO
Computer Science	AC I P JO	Statistics	AC I P JO
Ecology	AC I P JO	Zoology	AC I P JO
Environmental Science	AC I P JO		

<b>Schulich School of Engineering</b>	
Chemical Engineering	AC I V LP JO
Civil Engineering	AC I V LP JO
Electrical Engineering	AC I V LP JO
Energy Engineering	AC I V LP JO
Geomatics Engineering	AC I V LP JO
Mechanical Engineering	AC I V LP JO
Oil and Gas Engineering	AC I V LP JO
Software Engineering	AC I V LP JO

List the majors you have remaining (try to limit yourself to 8-10, but it's ok if you have more):

Do the majors you have left reflect your motivators, personality and/or interest themes/trends?

In consciously considering your motivators, personality and/or interests, can you eliminate any additional majors, or do you need more information?

## Gather Information to Determine Options

### Resources

Use the resources below to help you complete the chart on the next page. The resources will help you to learn more about potential majors and careers, and the chart will help you to collect important information in order to compare options.

#### **Explore Programs**

<http://www.ucalgary.ca/future-students/undergraduate/explore-programs>

Use the Undergraduate Explore Programs website to examine UCalgary degree programs that most appeal to you. Connect your top three personality traits to degrees offered at UCalgary (see pages 18 & 19).

*Complete the chart on the next page by rank ordering your top four selected majors.*

#### **Program Content and Structure**

<http://www.ucalgary.ca/pubs/calendar/current/index.html>

Use the Academic Calendar to investigate your top four majors in more detail. All degree programs are 120 credits and most majors are roughly half of an entire degree program.

Search faculty or school pages to find the exact requirements needed to complete a major.

Click on the Faculty or School that houses the major, then click on Program Details, then select the major.

The Academic Calendar also provides Admission information (required high school and/or University level coursework, GPA, audition, essay, letter of intent, etc.)

For Admission requirements, click on Admissions, and then click Transfer Admission Requirements (A.5.3.1).

*Complete the chart on the next page by noting the course-related, degree completion and admission information for your top four selected majors.*

#### **Occupational Considerations**

<https://library.ucalgary.ca/c.php?g=255458&p=2004916>

Use Career Services Degree Profiles to explore potential jobs and industries related to each degree program/major. Select your top four majors from the Faculty or School drop-down menus to review career options.

*Complete the chart on the next page by listing any interesting jobs and/or industries related to your top four selected majors.*

Information & Options

Major Options

Majors	Completed Courses Used	Remaining Courses	Estimated Time for Completion	Admission Requirements	Interesting Jobs or Industries
1.					
2.					
3.					
4.					

## Evaluate & Decide

### Evaluate & Decide

#### Evaluation of Choices

Using the information you have gathered about your top four majors consider the pros and cons of each major in order to make a decision. At this point, you should be able to reduce your list of majors to three at most. It is always worthwhile to have at least one back-up option in case something goes sideways with your first choice.

Now that you've gathered information about four majors, which majors are still realistic options for you?

What draws you to these majors? What would you enjoy most in studying these majors?

Which major(s) have the easiest admission requirements for you to meet?

What are the possible barriers to pursuing each major?

Will admission requirements or possible barriers make it difficult for you to be admitted to the major?

What is the estimated timeline:

How long will it take you to be admitted?

How long will it take you to graduate?

Are you comfortable with this timeline?

## Evaluate Choices

*Use the questions above to guide completion of the chart below.*

For each category you have 5 points to allocate among your top majors. Distribute these points based on how well each major fits what you have discovered about yourself. Use the Total column to tally the number of points for each major. This will help you rank your top majors based on your values.

Top Majors	Motivators	Personality Traits	Interests	Academic Fit	Time to Completion	Admission Reqs	Career Options	Total
	(5)	(5)	(5)	(5)	(5)	(5)	(5)	

What are you seeing in the above chart? How does this ranking resonate with you?

Is there a difference between what you want and what is realistic for you to achieve?

If so, how will you reconcile this difference?

Should you consider potential major/minor/degree combinations that are available to you as a realistic alternative?

**NOTE:** Remember the exploration process is circular. You may need to return to a previous stage or seek advising at this point to move forward with your decision-making.

## Evaluate & Decide

### Decide

#### Decision Time!

Consider all the work that has gone into your exploration process. What major is the best fit for you?

My chosen major is \_\_\_\_\_ !!

My back-up major is \_\_\_\_\_ !

How does the idea of studying these majors make you feel?

Extracurricular Activities I'd like to pursue are \_\_\_\_\_

\_\_\_\_\_

Volunteer/work opportunities I'd like to explore are \_\_\_\_\_

\_\_\_\_\_

Offices I'd like to connect with include \_\_\_\_\_

\_\_\_\_\_



## Action

### Take Action

To make this decision happen, what are your next steps? Check all that apply.

- High School upgrading
- Complete university level pre-requisites
  
- Register in courses strategically to boost GPA
- Register in courses to work toward degree requirements
- Complete additional admission requirements (program specific)
  
- Register in courses to continue exploring interests
- Meet with Faculty Program Advisor
- Meet with Exploratory Advisor
- Investigate extracurricular opportunities (on or off campus)
  
- Meet with Career Development Specialist
- Conduct information interview(s)
- Research occupational options
  
- Other \_\_\_\_\_
  
- Submit Change of Program application (between October 1 - February 1)

In what order will you complete these steps?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Faculty Program Advising contacts: <http://www.ucalgary.ca/registrar/registration/advising>  
Alberta Learning Information Service, Occupational Profiles: <https://alis.alberta.ca/occinfo/occupations-in-alberta/>  
Career Services: <https://www.ucalgary.ca/careers/>  
Leadership and Student Engagement: <http://www.ucalgary.ca/leadership/>  
Student Union ClubHub: <http://suclubs.orgsync.com/>

Deirdre Mooney – Exploratory Advisor, Student Success Centre  
More information and to book an appointment: <http://ucalgary.ca/ssc/advising/exploratory-advising>