How to Choose a Major

An Introduction to Self-Reflection and Decision Making in the Major Exploration Process

Exploratory Advising
Student Success Centre
Learning Outcomes

Apply the steps of the exploration process

Develop Skills
- Self-reflection
- Information-gathering
- Evaluation
- Decision-making

Develop Confidence applying these skills to your exploration process

Engage in the exploration process as a foundation for choosing a major
### Today’s Discussion Topics

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**Exploring your degree options:**
- reflect & connect
- info & options
- evaluate & decide

**Understanding COP Process:**
- key info
- application
- admission
Topic One: Understanding Exploration Process
Exploration Process

exploring a major

Decision to be made
Major / Degree Program

Take action
Submit application

Reflect & connect
Motivators, personality traits, interests, academics

Evaluate and decide
Review options and prioritize, then choose

Information & options
Information gathering and developing options
Topic Two: Exploring Your Degree Options

HTCM Workbook
Reflect & Connect

Motivators

Personality Traits

Interests

Academics

Mind Map

Non-Options

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Information Gathering Tools

What programs does UCalgary offer?

Explore Programs!

Where can I learn program content?

Academic Calendar!

What can I do with my degree?

Degree Profiles!
Connect with Resources

- Academic Advisors
- Department Websites
- Professors
- Career Services
- Informational Interviews
- Co-op Education Internships
- Study Abroad
- Leadership & Student Engagement
- Students’ Union Clubs
Evaluate Your Options

All the Majors

Most Interesting Majors

Most Realistic Majors

Major
Decide

#1 What is your first choice degree program?

#2 What is your back-up degree program?
Topic Three: Understanding Your Degree
<table>
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<th>Degree</th>
<th>Faculty</th>
<th>Major</th>
<th>Minor</th>
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<td>Cumming School of Medicine</td>
<td>Bioinformatics</td>
<td>Music</td>
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<tr>
<td>BComm</td>
<td>Haskayne School of Business</td>
<td>Accounting</td>
<td>French</td>
</tr>
<tr>
<td>BA</td>
<td>Arts</td>
<td>Philosophy</td>
<td>Data Science</td>
</tr>
<tr>
<td>BSc</td>
<td>Arts</td>
<td>Geography</td>
<td>Math</td>
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</table>
# Degree Structure

<table>
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<tr>
<th>Major</th>
<th>Options</th>
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<tr>
<td>Major</td>
<td></td>
<td></td>
</tr>
<tr>
<td>14</td>
<td>26</td>
<td>10 - 12</td>
</tr>
<tr>
<td>24</td>
<td>16</td>
<td></td>
</tr>
<tr>
<td>38</td>
<td>2</td>
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</tbody>
</table>

40 courses = 120 units

www.ucalgary.ca/pubs/calendar/current
Degree Structure

Double Major

Major 14 – 24
Major 14 - 24
40 courses = 120 units

Combined Degree

Major 14 - 38
Major 14 - 24
Options up to 22
50 courses = 150 units

www.ucalgary.ca/pubs/calendar/current
Degree Audit Tool

How do I know which courses to take to explore my options?

• **What-If Advisement Report**
  
  • Located in Student Centre – Program & Advising Info tab
  
  • Provides list of requirements met and to be completed
  
  • Provides lists of courses available to satisfy requirements
  
  • Use prior to course registration and to understand desired program before submitting COP application
Topic Four: Understanding COP Process
COP Process

What is a Change of Program?

- Webform in Student Centre – **Program & Advising Info** tab
- Free application available once per year
- Allows for one program choice
- Use to make *any* change to current program
  - Declare major/program
  - Add combined degree, minor, embedded certificate
COP Admission

What do I need to be admitted?

• All majors/programs have admission requirements
• High school courses, uni-level prerequisites, uni GPA
• Evaluation based on Fall semester and prior only
• GPA = min 12 units/4 courses to max 30 units/10 courses
• Speak to a Program/Academic Advisor in desired faculty
Still have questions?
Connect with Exploratory Advising!

Book an appointment

success.ucalgary.ca

Are you in Arts Undeclared?
Watch for the Arts Undeclared Newsletter delivered monthly to your UCalgary inbox!
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