

CHOOSING A MAJOR/CAREER

Career Tip

A college major is something you should enjoy studying, a career is something you should enjoy doing.

HOW TO CHOOSE A MAJOR

Are you undecided about your major or are you questioning the major you declared? Your choice should be based on what subject you truly enjoy studying. Your major does not dictate your choice of career; that's a separate decision. Here are some steps to help you decide. Also, schedule an appointment with a career counselor (choose "Getting Started") for additional help.

- **Engage in Self Discovery**
 - Complete CareerExplorer (careerexplorer.com/orgs/siena)
 - Reflect on what do you like to do and what don't you like to do?
 - What classes have you liked and WHY?
 - What natural aptitudes do you have — planning, listening, analyzing...?
- **Review CareerExplorer Results** (see next page)
 - Use the results and content provided in CareerExplorer to assess your interests and strengths
 - Schedule an appointment with a Career Counselor to discuss and fully understand the results
- **Make a List of Potential Majors and Explore**
 - Review list of majors offered at Siena below. Cross out majors not of interest, star majors of interest, circle majors you need to explore more
 - Use resources such as the Siena's Programs website, CareerExplorer, Whatcanidowiththismajor.com, LinkedIn (see Resources on page 6) to learn more
- **Narrow Your List**
 - From your research, narrow it down to a few choices of majors
 - Talk to professors and students in the departments to learn more
 - Talk with Peer Advisors or Academic Advisors in the Academic Success Office
- **Take Some Classes**
 - Test it out before declaring by taking classes in each possible major
- **Recognize that you can go into any career regardless of your major**

HOW TO CHOOSE A CAREER

Choosing a career is both challenging and important. Finding a career you enjoy will make your life more fulfilled. Here are some basic steps in choosing a career.

- **Engage in Self Discovery**
 - Complete (or retake) CareerExplorer (careerexplorer.com/orgs/siena)
 - Reflect on some important questions about yourself
 - What are your values, interests, strengths?
 - What is important about your career — money, prestige, sense of purpose, helping others?
 - What do you like to do and what don't you like to do?
 - What natural aptitudes do you have — planning, listening, analyzing...?
- **Review CareerExplorer Results** (see next page)
 - Make an appointment to discuss with a Career Counselor your CareerExplorer results
 - Use the vast information on careers and your compatibility identified in CareerExplorer
- **Identify Your Must Haves and Can't Stands**
 - Make a list and use the information in CareerExplorer's reports
- **Narrow Your List**
 - From your research, narrow it to a few choices
- **Explore Possible Careers More**
 - Research your career choices (see Resources on page 6)
 - Conduct informational interviews (see page 48) to obtain a real world perspective on careers that interest you
- **Obtain Relevant Experience**
 - Find an internship, participate in research, work in the field, do volunteer work or job shadow
- **Remember You Can Always Change Your Mind**
 - Many people switch careers, don't be intimidated that is a decision that will last forever

MAJORS OFFERED AT SIENA

Use this list to narrow your choice of majors. Cross out majors not of interest, star majors of interest, circle majors to explore more

- | | | | | |
|-------------------------------------|---|---|---------------------|--|
| • Accounting | • Biochemistry | • Classics | • Finance | • Religious Studies |
| • Actuarial Science | • Biology | • Communications | • French | • Social Work |
| • American Studies | • Business (Business Concentration Major) | • Computational Physics | • Health Studies | • Sociology |
| • Applied Mathematics | • Business Analytics | • Computer Science | • History | • Software Development |
| • Applied Physics (Pre-Engineering) | • Chemistry | • Creative Arts | • Management | • Spanish |
| • Astrophysics | • Chemistry-Business | • Criminal Justice | • Marketing | • Student Designed Interdisciplinary Major |
| | | • Data Science | • Mathematics | • Visual Art and Design |
| | | • Economics | • Nursing | |
| | | • English | • Philosophy | |
| | | • Environmental Studies and Environmental Science | • Physics | |
| | | | • Political Science | |
| | | | • Psychology | |

*Visit siena.edu/programs for more information
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USING CAREEREXPLORER

careerexplorer.com/orgs/siena

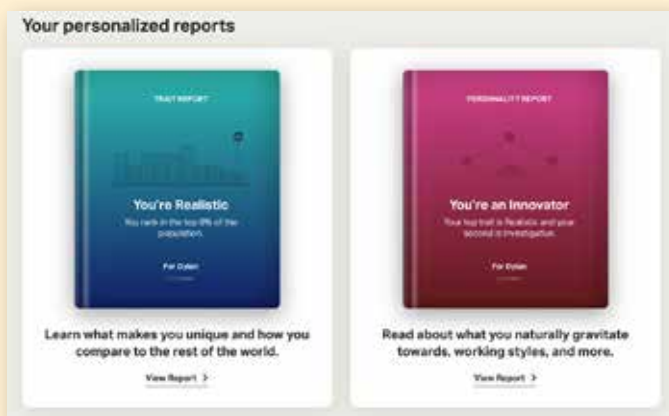
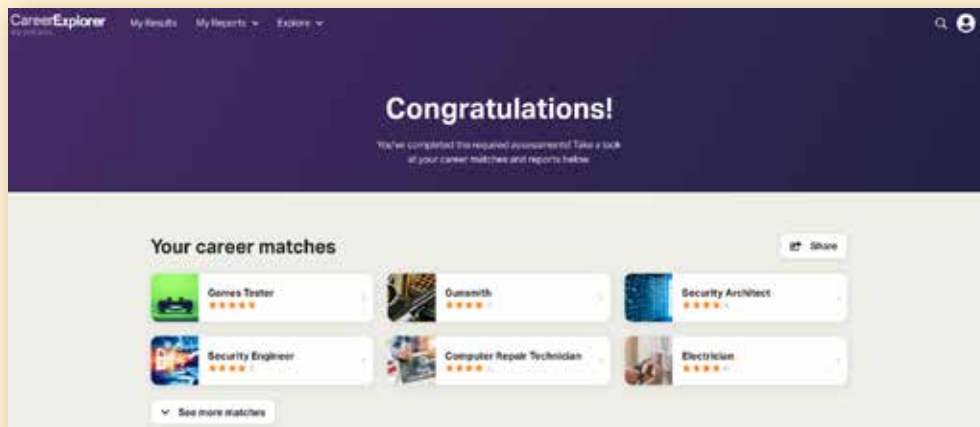
Siena utilizes a comprehensive self assessment tool called CareerExplorer. Take this online self assessment and then look at the detailed information and resources it offers you. To fully understand your results, schedule an appointment to further navigate the process of choosing majors or careers.

Career Tip

CareerExplorer is a great resource to help you learn more about yourself, possible majors and career matches.

Home Page:

CareerExplorer provides you your top career matches! Click on any career to see a vast amount of information about that career including what traits/interests you have that match or don't match the career.



Personalized Reports:

Scroll down the home page to locate your personalized reports. CareerExplorer provides two detailed personality reports.

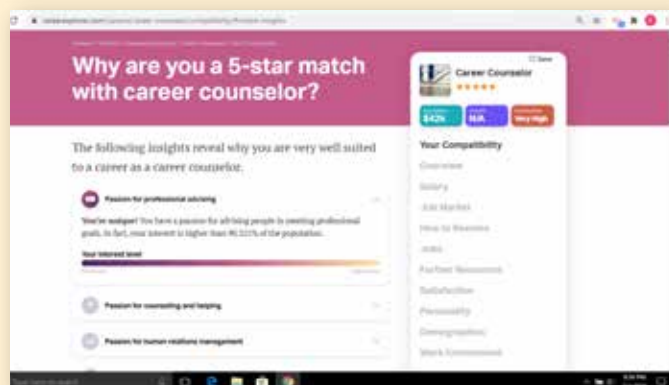
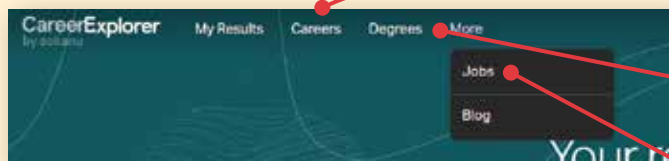
Click the links to view the trait and personality reports to learn more about yourself, to help you identify your natural talents and then apply them to the careers you are considering.

Additional Tabs:

Careers – You can peruse a list of thousands of careers and learn more about any career.

Degrees (Majors) – Degrees or majors. Learn about many majors including what careers people obtain with the degree/major and much more.

Jobs – CareerExplorer allows you to explore real time job postings to see what job opportunities are currently available.



Career Information:

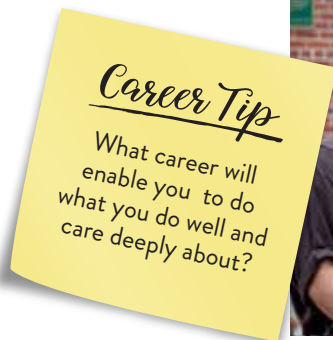
Want to learn more about a career? Click on any career and be brought to a page with a wealth of information about the career. It even provides an explanation as to why or why not a career is a good match for you. Click in the various sections to learn more.

MAKING A DECISION

The Career Decision-Making Process

Below are some questions that are central to the career decision-making process. While our Career Counselors are professionally trained to help you with this process, we cannot make these decisions for you. We want to work with you to help you find some answers and directions, but you have to do the work.

- **What do you truly enjoy?** Consider the classes and activities you have liked the best. **What did they involve? Why did you enjoy them?** There are careers related to every interest you have.
- **What types of things do you do well?** Identify your skills and abilities. Are they technical, adventurous or intellectual?
- **What values are really important to you? Is enjoying your work more important than prestige? Is creativity more important than security?**



Info

- **What if you like too many things and can't decide?** What are you going to do with your major?
- **What is the best job you can imagine?** Try to contact one or two people working in this field (the Career and Internship Center can help you) and ask them how they got there.
- Ask a Career Counselor which self-assessment resources would be most helpful for you. These tools can help you discover more about yourself and lead you closer to a decision.

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THE CAREER, MAJOR AND JOB DECISION MATRIX

Comparing what you know about yourself with what is needed to succeed allows you to identify advantages and disadvantages, narrow your options and identify next steps.

Career, Major or Job Options	Responsibilities and Requirements	My Skills, Interests and Values	Advantages	Disadvantages	Next Steps
Example: Internship with Tri-City Valley Cats	Work nights/weekends Work 25 hours/ week Make \$0 Survey fans at games Survey fans over the phone Attend town hall meetings Research other arenas	Finance Communication Analysis Baseball Student leadership Relationship partner Travel	Free season tickets Free merchandise Hang out with fun people Looks good on resume Gain valuable experience Make networking connections	Work more hours than planned Make no money and have no time for p/t job No time or money for travel Leaves little free time Not directly related to major	See if they will let me work 15 hours instead of 25 Research other positions with Valley Cats Search for other internships Talk with others
Option 1:					
Option 2:					

Adapted from the Major Decision Matrix developed by Kay Blaston, University of Washington Undergraduate Advising, 2001

Two courses (one credit each) are offered: Career Exploration-Choosing a Major (SASE 001) and Exploring Careers (SASE 010)