

Choosing a Major

CONTENTS	Page
➤ Myths about College and Career	1
➤ Types of Career Decision Makers	2
➤ Model for Decision Making	3
➤ Actions Steps to Selecting a Major	4
➤ What is Your Holland Code?	5
➤ Major Programs and Concentrations	7
➤ Minors	8
➤ Evaluating Majors Worksheet	9

Myths about College and Career

I SHOULD KNOW MY MAJOR AND CAREER WHEN I ENTER COLLEGE.

Studies show that 30% of incoming college students are unsure about their major and 65-70% change majors at least once while in college. It is okay to be unsure, but it is also important to take steps that will help you make an informed decision.

ONCE I SELECT A COLLEGE MAJOR, IT WILL DETERMINE MY CAREER CHOICE.

Some majors are career-specific (i.e. nursing), however; most majors connect with a variety of career options and many times there are multiple majors that relate to the same occupation.

THERE IS ONE CAREER THAT IS A PERFECT MATCH FOR ME.

On average people have 3 career changes and 7-10 jobs in their lifetime. Career satisfaction can come from a variety of opportunities. It is influenced by who we are and who we are continually changes based on our life experiences.

ONLY PAID WORK EXPERIENCE WILL HELP ME DEVELOP A CAREER PATH.

Insight gained from any experience allows you to define and refine your career path. Also, employers value both paid and unpaid experience as long as it demonstrates the needed skills for the job.

I SHOULD INVESTIGATE THE JOB MARKET JUST PRIOR TO MY COLLEGE GRADUATION.

There are steps students take every year while in college to assist in the transition to full time employment after graduation. Students that wait until graduation is near often find themselves stressed, frustrated, and jobless when graduation day arrives.

CAREER SERVICES FOCUSES ON SENIORS LOOKING FOR EMPLOYMENT.

Career Services provides a variety of services and resources that benefit students of all stages in their college career and at varying stages of the career planning process. Students are encouraged to meet with a Career Advisor at least once per semester.

Types of Career Decision Makers

As you begin to explore the majors available at Stanislaus State, it's important to know how you make decisions. When making decisions, do you tend to spend a lot of time exhausting all of the pros and cons, or are you closer to the other end of the spectrum, just going with what feels right or what your gut instinct is telling you? Look at these various career decision-making styles and identify the style or styles that you tend to gravitate toward. You may find that, due to the seriousness of choosing a major, you have to incorporate a style that you haven't had to use in the past.

Procrastinating Decision Makers have a tough time making decisions. The pressure of making a difficult decision gives them a sense of paralysis that leads to indecision. Many students procrastinate about their decision of a major because of the amount of time it takes to explore all the options.

Intuitive Decision Makers go with their gut feelings or instincts when making decisions. Intuitive students tend to use this style after being influenced by some external force, such as television, family, and friends. They see their cousin do well in accounting, so they feel like accounting would be good for them. There's not much thought put into the decision.

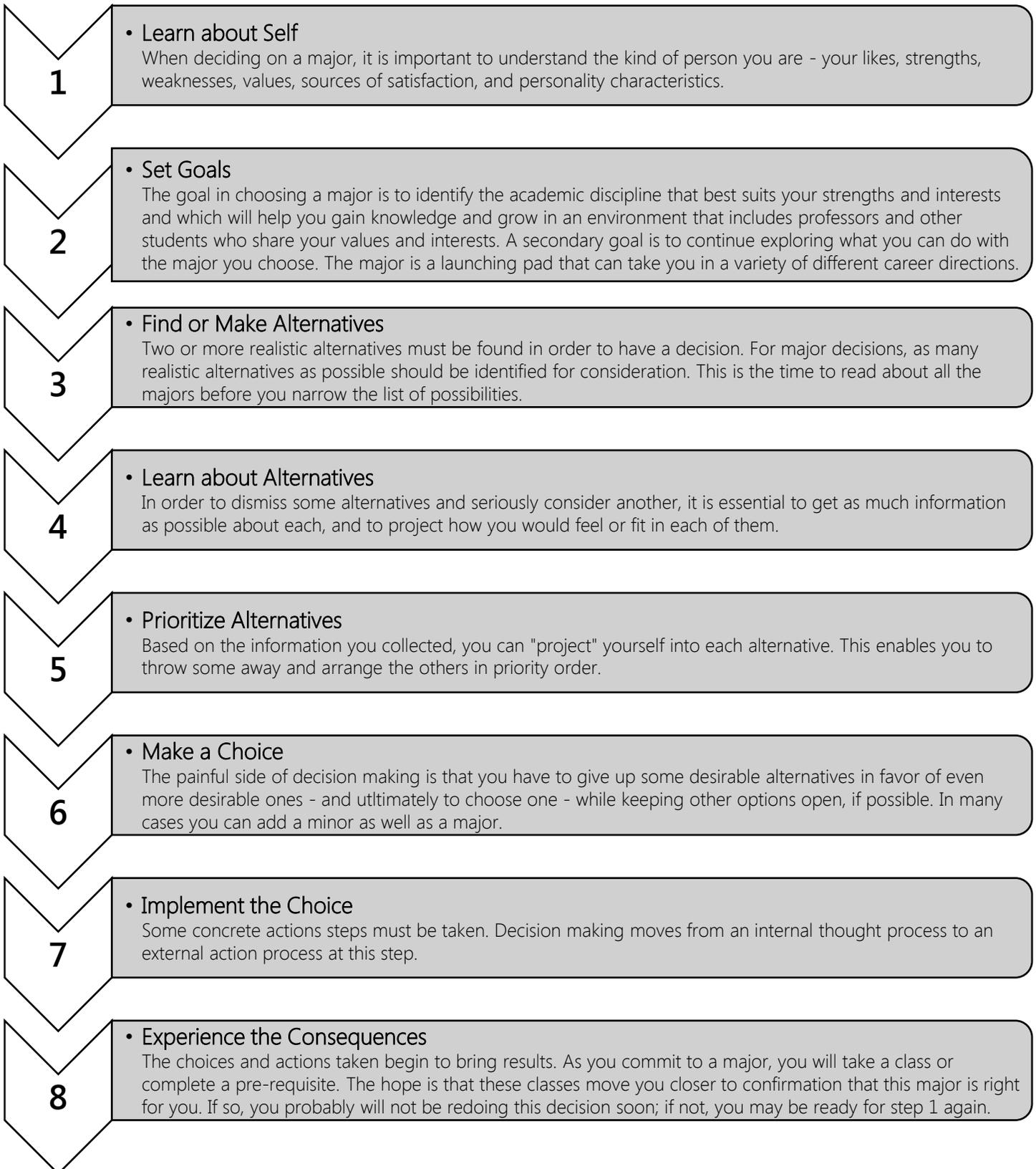
Dependent Decision Makers rely on the opinions of others. Many students fall into this category. They feel overwhelmed by having to choose a major out of the dozens of possibilities. Dependent decision makers rely on anyone and everyone to help them make this all-important decision.

Educated Decision Makers identify all their options, research majors of interest, ask numerous questions, and systematically engage in a process of elimination until the best options are found. Educated decision makers engage in a thorough self-assessment process, read about all the majors, and seek advice from career counselors and professionals in the workforce. They keep logs of what they've learned and constantly analyze their options.

THE BEST CAREER DECISION MAKER is a combination of all the above styles with the exception of the procrastinating method. You should primarily use the educated decision-making style, but along the way, rely on career advisors, professionals, and other people you respect to offer advice, guidance, and feedback (dependent decision-making). Then, once you have thoroughly completed the self-assessment and major exploration process, incorporate the intuitive decision-making style to let your feelings and intuition in on the decision. Your intuition is always a fairly accurate gauge, but it's even more accurate after you have all the factors laid out on the table.

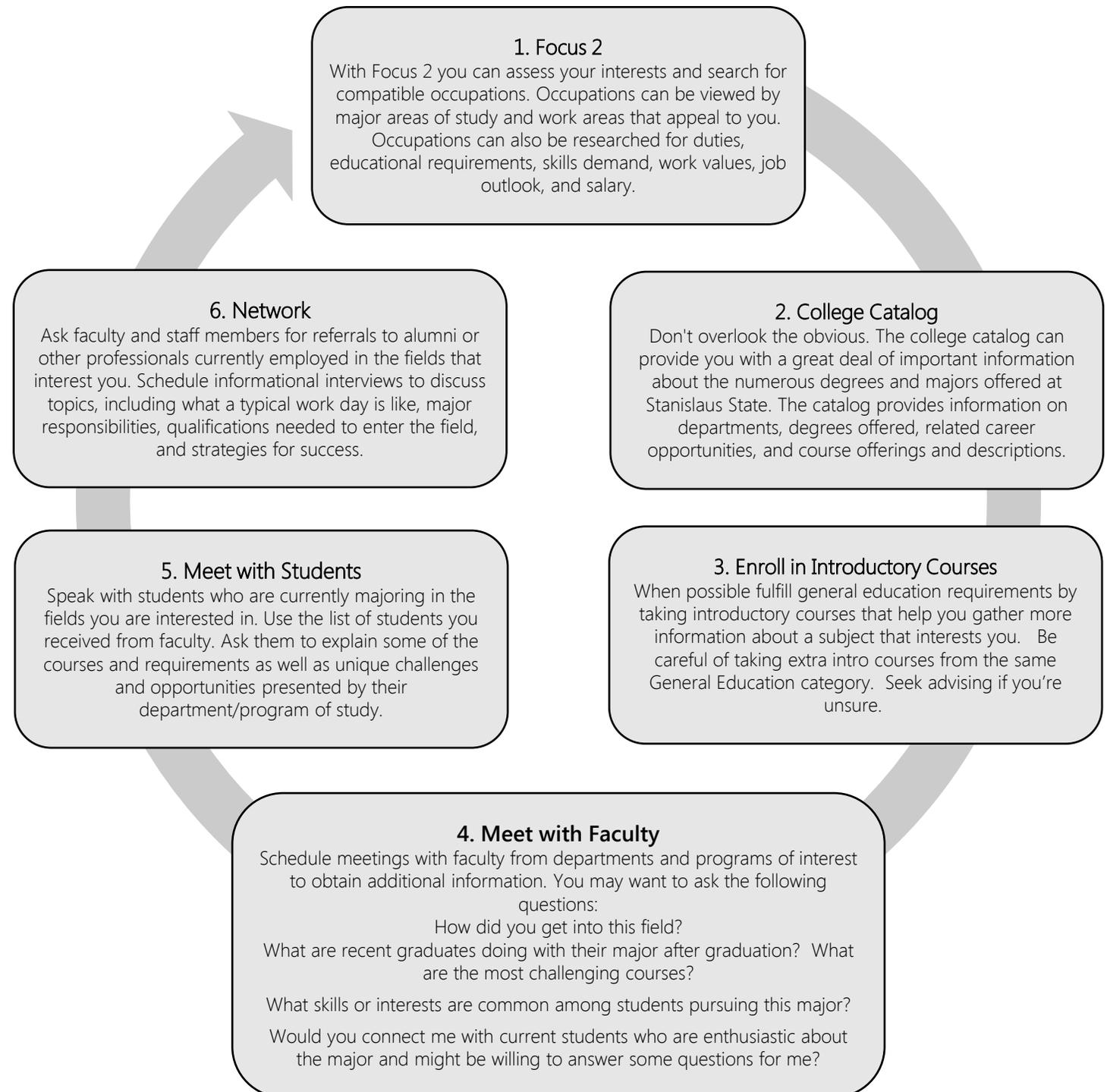
Model for Decision Making

The purpose of this model is to teach a planning process and to apply it to deciding on your major.



Action Steps to Selecting a Major

A major should be interest-motivated. Choose a major you will enjoy. You will perform best in the area you have some motivation for. Here are some steps to consider:

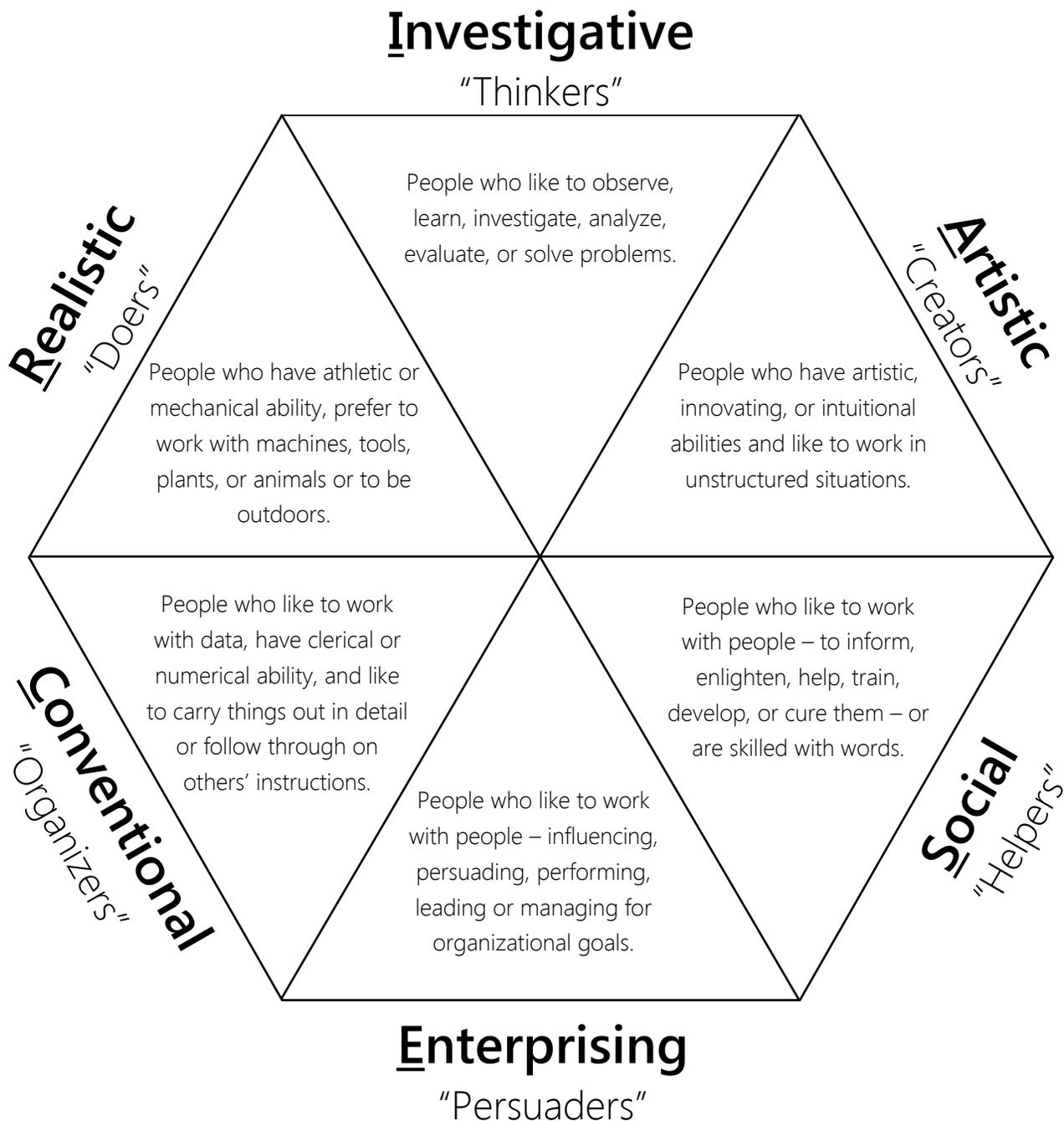


Pick one of the steps described, and set a date you will complete it by to make sure you follow through. Make an appointment with a career/faculty advisor to discuss your progress.

What is your Holland Code?

Dr. John Holland theorized that people work best in environments that match their personality preferences. According to his research, people and work environments can be loosely classified into six different groups.

While you may have some interests in and similarities to several of the six groups, you may be attracted primarily to two or three of the areas. These two or three letters are your "Holland Code." For example, with a code of "RES" you would most resemble the Realistic type, somewhat less resemble the Enterprising type, and resemble the Social type even less. Research shows that people are most satisfied if there is some degree of fit between their personality and their work environment.



What is your Holland Code? (continued)

Realistic	Investigative	Artistic	Social	Enterprising	Conventional
<p>Are you?</p> <ul style="list-style-type: none"> Practical Straightforward Mechanically Inclined Stable Concrete Reserved Self-controlled Independent Ambitious Systematic <p>Like to?</p> <ul style="list-style-type: none"> Tinker with machines Work outdoors Be physically active Use your hands Build things Tend/Train animals Work on electronic equipment <p>Can you?</p> <ul style="list-style-type: none"> Fix electrical things Solve electrical problems Pitch a tent Play a sport Read a blueprint Plant a garden Operate tools and machine 	<p>Are you?</p> <ul style="list-style-type: none"> Inquisitive Analytical Scientific Observant/Precise Scholarly Cautious Intellectually self-confident Independent Logical Complex Curious <p>Like to?</p> <ul style="list-style-type: none"> Explore a variety of ideas Work independently Perform lab experiments Deal with abstractions Do research Be challenged <p>Can you?</p> <ul style="list-style-type: none"> Think abstractly Solve math problems Understand scientific theories Do complex calculations Use a microscope or computer Interpret formulas 	<p>Are you?</p> <ul style="list-style-type: none"> Creative Imaginative Innovative Unconventional Emotional Independent Expressive Original Introspective Impulsive Sensitive Courageous Complicated Idealistic Nonconforming <p>Like to?</p> <ul style="list-style-type: none"> Attend concerts, theatre, art exhibits Read fiction, plays, and poetry Work on crafts Take photography Express yourself creatively Deal with ambiguous ideas <p>Can you?</p> <ul style="list-style-type: none"> Sketch, draw, paint Play a musical instrument Write stories, poetry, music Sing, act, dance Design fashions or interiors 	<p>Are you?</p> <ul style="list-style-type: none"> Friendly Helpful Idealistic Insightful Outgoing Understanding Cooperative Generous Responsible Forgiving Patient Kind <p>Like to?</p> <ul style="list-style-type: none"> Work in groups Help people with problems Do volunteer work Work with young people Serve others <p>Can you?</p> <ul style="list-style-type: none"> Teach/Train others Express yourself clearly Lead a group discussion Mediate disputes Plan and supervise an activity 	<p>Are you?</p> <ul style="list-style-type: none"> Self-confident Assertive Persuasive Energetic Adventurous Popular Ambitious Talkative Extroverted Spontaneous Optimistic <p>Like to?</p> <ul style="list-style-type: none"> Make decisions Be elected to office Start your own business Campaign politically Meet important people Have power or status <p>Can you?</p> <ul style="list-style-type: none"> Initiate projects Convince people to do things your way Sell things Give talks or speeches Organize activities Lead a group 	<p>Are you?</p> <ul style="list-style-type: none"> Well-organized Accurate Numerically inclined Methodical Conscientious Efficient Conforming Practical Thrifty Systematic Polite Ambitious Obedient Persistent <p>Like to?</p> <ul style="list-style-type: none"> Follow clearly defined procedures Use data processing equipment Work with numbers Be responsible for details Collect or organize things <p>Can you?</p> <ul style="list-style-type: none"> Work well within a system Do a lot of paperwork in a short time Keep accurate records Use a computer Write effective business letters

Stanislaus State Majors and Concentrations

- **AGRICULTURAL STUDIES B.A.**
 - Agricultural Biology
 - Agricultural Economics
 - Sustainable Agriculture
 - Special Concentration
- **ANTHROPOLOGY B.A.**
 - Forensic Anthropology
 - Medical Anthropology
- **APPLIED LEADERSHIP B.A.**
- **ART B.A. or B.F.A.**
 - Graphic Arts
 - Mixed Emphasis
 - Painting
 - Sculpture
 - Video and Time-Based Media
- **BIOLOGICAL SCIENCES B.A. or B.S.**
 - Biology Education
 - Ecology
 - General Biology
 - Molecular & Microbial
 - Organismal Biology
 - Environmental Sciences
- **BUSINESS ADMINISTRATION B.S.**
 - Accounting
 - Computer Information Systems
 - Finance
 - General Business
 - Management
 - Human Resources
 - International Business
 - Strategy/Entrepreneurship
 - Marketing
 - Operations Management
- **CHEMISTRY B.A. or B.S.**
 - Environmental Sciences
- **CHILD DEVELOPMENT B.A.**
 - Early Childhood
 - Middle Childhood
 - Child Development Services
- **COGNITIVE STUDIES B.A.**
- **COMMUNICATION STUDIES B.A.**
 - Relational & Organization Communication
 - Public Communication & Media
- **COMPUTER SCIENCE B.S.**
- **CRIMINAL JUSTICE B.A.**
 - Law Enforcement
 - Corrections
 - Forensic Science
 - Juvenile Justice
 - Criminal Legal Studies
- **ECONOMICS B.A.**
 - Banking, Investment, & Managerial Economics
 - International Trade & Alternative Economic Systems
 - Economics & Public Sector
 - Labor Economics
 - Economic History
- **ENGLISH B.A.**
- **ETHNIC STUDIES B.A.**
 - Socio-cultural Emphasis in Ethnic Minority Families
 - Socio-political Focus on Ethnic Experiences
- **GENDER STUDIES B.A.**
 - History, Society, & Inequality
 - Culture, Ideology, & Representation
 - Ethnicity, Nationality, & Sexuality
- **GEOGRAPHY B.A.**
 - Cultural/Social Geography
 - Physical Geography & Environmental Studies
 - Geospatial Technology
 - California Studies
- **GEOLOGY B.S.**
 - Applied Geology
- **HEALTH SCIENCE B.S.**
 - Health Leadership & Administration
- **HISTORY B.A.**
- **KINESIOLOGY B.A.**
 - Exercise Science
 - Health Promotion
- **LIBERAL STUDIES B.A.**
- **MATHEMATICS B.A. or B.S.**
- **MUSIC B.A.**
 - General Music
 - Music Technology
- **MUSIC B.M.**
 - Piano Performance
 - Instrumental Performance
 - Visual Performance
 - Music Education – Instrumental
 - Music Education – Choral
 - Composition
 - Jazz Performance
- **NURSING B.S.**
 - Pre-Licensure BSN Track
 - RN to BSN
 - ASBSN
- **PHILOSOPHY B.A.**
- **PHYSICAL SCIENCES B.A.**
 - Applied Physics
 - Earth & Space Sciences
 - Environmental Sciences
- **PHYSICS B.A. or B.S.**
- **POLITICAL SCIENCE B.A.**
- **PSYCHOLOGY B.A.**
 - Developmental Psychology
 - Experimental Psychology
- **SOCIAL SCIENCES B.A.**
 - International Studies
 - Urban & Community Studies
- **SOCIOLOGY B.A.**
 - General Sociology
 - Human Services
 - Drug and Alcohol Studies
 - Social Deviance & Criminology
 - Social Inequality
 - Body, Culture, & Society
- **SPANISH B.A.**
- **THEATRE ARTS B.A.**

Stanislaus State Minors

- African American Studies
- Agricultural Studies
- Anthropology
- Art History
- Art
- Asian American Studies
- Biological Sciences
- Business Administration
- Chemistry
- Chicano Studies
- Child Development
- Cognitive Studies
- Computer Information Systems
- Computer Science
- Criminal Justice
- Economics
- English
- Environmental & Resource Studies
- Ethics
- Ethnic Studies
- Exceptional Children & Youth
- Forensic Science
- French
- Gender Studies
- Geography
- Geology
- Gerontology
- History
- Journalism
- Kinesiology
- Latin American Studies
- Mathematics
- Microelectronics
- Music
- Permaculture
- Philosophy
- Physical Sciences
- Physics
- Political Science
- Portuguese
- Psychology
- Sociology
- Spanish
- Speech Communication
- Theatre Arts
- World History

EVALUATING MAJORS

NAME OF MAJOR(S)

ABILITIES

Excellent, good, fair, or poor match of your abilities with those required by the major.

INTERESTS

Good, fair, or poor match of your interests with those activities and opportunities that the major can provide.

VALUES

Very compatible, compatible, or conflicting values with people in the occupations that this major prepares you for.

PERSONALITY CHARACTERISTICS

Good, fair, or poor fit of your personality characteristics with people who enter occupations from this major.

INDUSTRY ATTRACTIVENESS

Attractive, fairly attractive, or not attractive, depending on whether you like the industries the major prepares you for.

ALTERNATIVE OCCUPATIONS

List interesting career occupations

NAME OF MAJOR(S)

--	--

ABILITIES

Excellent, good, fair, or poor match of your abilities with those required by the major.

--	--

INTERESTS

Good, fair, or poor match of your interests with those activities and opportunities that the major can provide.

--	--

VALUES

Very compatible, compatible, or conflicting values with people in the occupations that this major prepares you for.

--	--

PERSONALITY CHARACTERISTICS

Good, fair, or poor fit of your personality characteristics with people who enter occupations from this major.

--	--

INDUSTRY ATTRACTIVENESS

Attractive, fairly attractive, or not attractive, depending on whether you like the industries the major prepares you for.

--	--

ALTERNATIVE OCCUPATIONS

List interesting career occupations

--	--

--	--