

Step 1: Assess Yourself

- What do you truly enjoy? Consider the classes and activities that you have liked the best. What did they involve? Why did you enjoy them? There are careers related to every interest you have!
- What are you good at? Identify your skills and abilities. What types of things do you seem to do well? Are they technical...adventurous...intellectual?
- What is really important to you? Is enjoying your work more important than prestige? Is creativity more important than security? You want your choice to be compatible with your values.
- What is the coolest job you can imagine? Describe it as specifically as you can. Try to locate and contact one or two people in this area and ask them how they got there.
- Ask our office of Professional Development what assessments we offer. These can help you discover more about yourself. Email ProfessionalDevelopment@redlands.edu or call 909-748-8069.

Step 2: Gather Information and Explore Options

- Examine the majors available to you. Make a list of your options and eliminate those that don't interest you. Read about our majors remaining on your list. Mark the courses in each major that most interest you, match your abilities, and share your values. This should help you further shorten your list.
- Review additional information about the majors on your short list. Visit each department's web pages, or read print materials they offer. Talk with an academic adviser, students currently in these majors, and faculty members.
- Visit the office of Professional Development to get acquainted with their resources. The more information you find, the more informed your final decision will be.

Step 3: Evaluate and Make Your Major Decision

- It's time to put together the information you have collected. Consider what you have learned. Weigh the pros and cons of each option. If you haven't already, narrow your list down to two or three majors.
- Consider the feasibility of a second major or making one of your options your minor.
- If you are still having difficulty deciding, talk with an adviser or a professional development counselor who can help you evaluate the information you have collected, suggest additional resources, and guide you through the decision-making process.

Step 4: Take Action

- Sample courses in the majors you are considering (choose specific LAFs that relate to your interest).
- Choose student activities, internships, volunteer work, and/or part-time employment that can help you further develop your skills in areas that interest you.
- Talk to people who work in the career fields you are considering. Ask them about their major and how it helped them. We have an alumni network program; this can be an excellent resource for learning more about the realities of specific career fields.
- Go for it! Declare your major. Remember, you can ALWAYS change it!

Mary Lou Taylor, [Choosing a Major](http://www.jobweb.com/Resources/Library/Careers_In/Choosing_Your_Major_122_01.htm), http://www.jobweb.com/Resources/Library/Careers_In/Choosing_Your_Major_122_01.htm