

**Explore Majors and Careers**

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SUNY Oswego Career Services 145 Marano Campus Center [oswego.edu/careerservices](http://www.oswego.edu/careerservices)

**Directions:** Using pages 3 and 4 of majors and minors, take a moment and cross out the majors/minors you are certain you have no interest in. Next, circle the majors/minors you see as possibilities or would like to learn more about.

# List the majors/minors you circled as possibilities here:

**Now categorize the majors/minors in 2-3 groups that make sense to you:**

Group 1 Title:

Group 2 Title:

Group 3 Title:

# School of Business

[Accounting - B.S.](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4973)

[Business Administration - B.S.](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4871&returnto=4430) [Finance - B.S.](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4902&returnto=4430)

[Human Resource Management - B.S.](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4926&returnto=4430) Marketing - B.S.

Operations Mgmt & Information Sys - B.S

[\*Public Accounting - B.S./M.B.A.](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4974&returnto=4430)

[Risk Management and Insurance - B.S.](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4979&returnto=4430)

**School of Education** [Adolescence Ed 7-12 - B.S.](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4840&returnto=4430) [Childhood Ed 1-6 - B.S.](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4879&returnto=4430) [TESOL - B.S.](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4991)

[Technology Ed All Grades - B.S.](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4989&returnto=4430) [Technology Management - B.S.](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4990&returnto=4430)

[Career and Technical Educator Preparation (all](http://catalog.oswego.edu/preview_program.php?catoid=31&poid=3447&returnto=2611) [majors) - B.S.](http://catalog.oswego.edu/preview_program.php?catoid=31&poid=3447&returnto=2611)

[Wellness Management - B.S.](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4995&returnto=4430)

[American Studies - B.A.](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4843&returnto=4430) Anthropology - B.A.

# College of Liberal Arts & Sciences

[German - B.A.](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4917&returnto=4430)

[Global & International Studies - B.A.](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4921&returnto=4430)

[Applied Mathematical Economics - B.S.](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4846&returnto=4430) [Applied Mathematics - B.S.](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4847&returnto=4430) [Biochemistry - B.S.](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4861&returnto=4430)

[Biology - B.A.](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4867&returnto=4430) or [B.S.](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4868&returnto=4430) [Chemistry - B.A](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4877&returnto=4430). or [B.S.](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4878&returnto=4430)

[Cinema and Screen Studies - B.A.](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4880&returnto=4430) [Cognitive Science - B.A.](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4882&returnto=4430) or [B.S.](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4889&returnto=4430) [Computer Science - B.A.](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4888&returnto=4430) or [B.S.](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4889&returnto=4430) [Creative Writing - B.A](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4891&returnto=4430)

[Criminal Justice - B.A.](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=5037&returnto=4430) [Economics - B.A.](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4896&returnto=4430)

[Electrical and Computer Engineering - B.S.](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=5015&returnto=4430) [English - B.A.](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4900&returnto=4430)

[French - B.A.](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4908&returnto=4430)

[Gender and Women’s Studies - B.A.](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4998&returnto=4430) [Geochemistry - B.S.](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4909&returnto=4430)

[Geology - B.A.](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4913&returnto=4430)

[Geology Track I Geology - B.S.](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4910&returnto=4430)

[Geology Track II Env. Earth Science - B.S.](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4912&returnto=4430)

[History - B.A.](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4925&returnto=4430)

[Human Development - B.A.](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=5019&returnto=4430) [Information Science - B.A.](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4927&returnto=4430)

[Language & International Trade - B.A.](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4933&returnto=4430) [Linguistics - B.A.](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4935&returnto=4430)

[Mathematics - B.A.](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4943&returnto=4430) [Meteorology - B.S.](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4946&returnto=4430) [Philosophy - B.A.](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4956&returnto=4430)

[Philosophy-Politics & Economics - B.A.](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=5035&returnto=4430) [Philosophy-Psychology - B.A.](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4955&returnto=4430)

[Physics - B.A](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4962&returnto=4430). or [B.S.](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4963&returnto=4430) [Political Science - B.A.](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4966&returnto=4430) [Psychology - B.A.](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4972&returnto=4430)

[\*Psych/Business Admin - B.A./M.B.A.](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4970&returnto=4430)

[\*Psych/Human Comp Intrctn - B.A./M.A.](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4971&returnto=4430) [Sociology - B.A.](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4980&returnto=4430)

[Software Engineering - B.S.](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4983&returnto=4430) [Spanish - B.A.](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4987&returnto=4430)

[Zoology - B.S.](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=5001&returnto=4430)

# School of Communication, Media & the Arts

[Art - B.A. (Studio, Art History, Graphic Design,](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4853&returnto=4430) [Illustration, Interactive Design)](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4853&returnto=4430)

[Art - B.F.A. (Graphic Design)](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4854&returnto=4430)

[Art - B.F.A. (Studio Art)](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4855&returnto=4430)

[Broadcasting & Mass Comm. - B.A.](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4869&returnto=4430)

[\*Broadcasting/Business Admin - B.A./M.B.A](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=5010&returnto=4430)

[Commmunication - B.A.](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4885&returnto=4430) [Journalism - B.A.](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4932&returnto=4430)

[Music - B.A.](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4949&returnto=4430)

[Public Relations - B.A.](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4978&returnto=4430) [Theatre - B.A.](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4993&returnto=4430)

# \*Master’s program

**School of Business**

[Accounting](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=5030&returnto=4430)

[Business Administration](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4870)

[\*Business Analytics](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=5102&returnto=4430)

[\*Entrepreneurship](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=5101&returnto=4430)

[\*International Business](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4928&returnto=4430)

# School of Education

[\*Athletic Coaching](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4858&returnto=4430)

[\*Health Science](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4922&returnto=4430)

[\*Nutrition](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=5029&returnto=4430)

[\*Technology](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=5014&returnto=4430)

# College of Liberal Arts & Sciences

[\*African/African-American Studies](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4841&returnto=4430) [Anthropology](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4844&returnto=4430)

[\*Applied Statistics](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4848&returnto=4430)

[\*Astronomy](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4857&returnto=4430)

[\*Biocultural Anthropology](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4862&returnto=4430) [Biology](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4865&returnto=4430)

[Chemistry](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4875&returnto=4430) [Cognitive Science](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4881&returnto=4430) [Computer Science](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4887&returnto=4430) [Creative Writing](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4890&returnto=4430) [Criminal Justice](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4976&returnto=4430)

[\*Digital Humanities](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=5033&returnto=4430) [Economics](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4895&returnto=4430)

[English](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4898&returnto=4430)

[\*Forensic Science](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4903&returnto=4430) [French](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4906&returnto=4430)

[\*French Culture Studies](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4905&returnto=4430) [Gender and Women’s Studies](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4997&returnto=4430) [Geology](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4911&returnto=4430)

[German](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4916&returnto=4430)

[\*German Culture Studies](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4915&returnto=4430)

[\*Gerontology](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4919&returnto=4430)

[Global and International Studies](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4920&returnto=4430) [History](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4924&returnto=4430)

[Human Development](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=5018) [Information Science](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4886&returnto=4430)

[\*Italian Culture Studies](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4930&returnto=4430) [Linguisitcs](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4934&returnto=4430)

[\*Logic](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=5016&returnto=4430) [Mathematics](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4941&returnto=4430)

[\*Medieval and Renaissance Studies](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4944&returnto=4430)

[\*Native American Studies](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4950&returnto=4430)

[\*Peace and Conflict Studies](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4953&returnto=4430) [Philosophy](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4954&returnto=4430)

[Physics](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4960&returnto=4430)

[Political Science](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4965&returnto=4430) [Psychology](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4969&returnto=4430) [Sociology](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4982&returnto=4430) [Spanish](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4985&returnto=4430)

[\*Sports Studies](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=5032&returnto=4430)

[\*Sustainability Studies](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4988&returnto=4430) [Zoology](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4999&returnto=4430)

[Art](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4850&returnto=4430)

[Art History](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4849&returnto=4430)

[\*Arts Management](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4852&returnto=4430)

# School of Communication, Media & the Arts

[Illustration](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=5028&returnto=4430) [Journalism](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4931&returnto=4430)

[\*Live Event Design](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=5024&returnto=4430)

[\*Audo Design and Production](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4859&returnto=4430) [Communication and Social Interaction](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4884&returnto=4430)

[\*Dance](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=5034&returnto=4430)

[\*Expressive Arts Therapy](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=5009&returnto=4430) [Graphic Design](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=5031&returnto=4430)

[\*Museum Studies](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4947&returnto=4430) [Music](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4948&returnto=4430)

[\*Photography](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4957&returnto=4430) [Theatre](http://catalog.oswego.edu/preview_program.php?catoid=40&poid=4992&returnto=4430)

# \*minor only

**Directions:** Choose one of the majors from page 3 and fill in the below information using the [SUNY Oswego Course Catalog.](http://catalog.oswego.edu/index.php?catoid=40)

# Major: Summary of the Major Description:

**Rate each course utilizing the following scale:**

**1 2 3 4 5 6 7**

**Extremely Draining**

**Neither Draining/Energizing**

**Extremely Energizing**

|  |  |  |
| --- | --- | --- |
| **Course** | **Ranking** | **Comments** |
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If you are trying to choose between just a few majors, you can use these charts to help you outline the pros and cons of each one. Choose possible careers using the [“What Can I Do with a Major In...?”](https://www.oswego.edu/career-services/what-can-i-do-major) web page to help in making your decision.

|  |  |  |  |
| --- | --- | --- | --- |
| Major: Possible Career(s): Pros Cons |  | Major: Possible Career(s): Pros Cons |  |
|  |  |  |  |  |  |
| Major: Possible Career(s): Pros Cons |  | Major: Possible Career(s): Pros Cons |  |
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**Strategies for Major Exploration**

# Learn more about my Interests, Values, Abilities, and Strengths through [Inventories and Assessments:](https://www.oswego.edu/career-services/self-assessment)

* Focus2 - a career and education planning tool that includes assessments and a customizable portfolio
* StrengthsQuest - StrengthsFinder is an online assessment that identifies your “top 5” Themes of Talent
* MBTI (Myers-Briggs Type Indicator) - a personality assessment that identifies your preferences as it relates to who you are and why you want to work; including the best work environments and career tasks
* Strong Interest Inventory - an interest inventory that matches your interests with career fields

# Investigate all majors and minors that SUNY Oswego offers:

Review the Undergraduate Catalog and departmental websites for majors/minors of interest. Get an understanding for course work and degree requirements for different majors. Complete these activities to narrow your search:

* “Major-Elimination” activity → find out what majors interest you the most
* “Dissect a Major” activity → helps to identify if a potential major is truly a good fit

# Take a course in a major or minor of interest:

Many majors offer introductory courses. Many of these courses fulfill general education requirements and can be taken to explore majors.

# Job Shadow/Informational Interview:

Spend a day with a professional in the field or interview a professor about their discipline. This is a great way to learn firsthand about a career field or major.

Other networking opportunities include:

* Talk to an upper-class student about their major
* The [Alumni Sharing Knowledge (A.S.K.)](https://alumni.oswego.edu/s/1552/bp18/interior.aspx?sid=1552&gid=1&pgid=442) program connects students with alumni in their career field of interest
* Utilize the informational interviewing videos <https://www.oswego.edu/career-services/networking>
* Check out [“Candid Career”](https://www.candidcareer.com/) Informational Career Videos online!

# Service Learning and Community Service:

Volunteer in the community either independently or through Service Learning, GST102. Choose a site related to a field or major of interest to acquire skills and knowledge of real-world settings. <https://www.oswego.edu/community-service/>

# Meet with a Career Coach:

Meet with a Career Coach in an industry area you are exploring. To learn more about our Career Coaches, visit our website: <https://www.oswego.edu/career-services/connect-career-coach>

# Learn more about careers related to majors you are exploring—all available through Career Services

[Strong Interest Inventory](https://www.oswego.edu/career-services/self-assessment)

an interest inventory that matches your interests with career fields

[What Can I Do with A Major In...](https://www.oswego.edu/career-services/what-can-i-do-major)

provides information about careers & resources for every major & minor

[Focus 2](https://www.oswego.edu/career-services/self-assessment)

search career fields related to your interests, skills and values

[O\*Net](https://www.onetonline.org/)

search for information about occupations

[Candid Career](https://www.candidcareer.com/)

browse thousands of career videos

Career Services offers a [variety of assessments](https://www.oswego.edu/career-services/self-assessment) that provide you with information about your strengths, values, interests, and skills. If you are interested in completing an assessment, email majorexporation@oswego.edu

# StrengthsQuest

StrengthsFinder is an online assessment that identifies your “top 5” Themes of Talent. StrengthsQuest allows you to explore and strengthen your talents, use your strengths to improve your academics, discover a major and career path that builds off of your strengths and learn how to use your strengths to excel.

# MBTI (Myers-Briggs Type Indicator®)

MBTI identifies your preferences and provides information about your unique type (there are 16 distinct types). This is a great tool to help you understand who you are and what majors would be a good fit for you. The MBTI gives you information about how you orient in the world, take in information, make decisions and structure your life.

# Strong Interest Inventory®

The Strong Interest Inventory is a tool that matches your interests with majors and career fields. It helps you identify your interests, preferences, and personal styles and provides information you need to select a major and career you can be passionate about.

# Focus2

Focus2 is a web-based program that includes five online self-assessments (work interest, personality, skills, values, and leisure interests), a career portfolio and information about careers.