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.
Business Administration - B.S.
Finance - B.S.
Human Resource Management - B.S.
Marketing - B.S.
Operations Mgmt & Information Sys - B.S
*Public Accounting - B.S./M.B.A.
Risk Management and Insurance - B.S.

School of Education
Adolescence Ed 7-12 - B.S.
Childhood Ed 1-6 - B.S.
TESOL - B.S.
Technology Ed All Grades - B.S.
Technology Management - B.S.
Career and Technical Educator Preparation (all majors) - B.S.
Wellness Management - B.S.

College of Liberal Arts & Sciences
American Studies - B.A.
Anthropology - B.A.
Applied Mathematical Economics - B.S.
Applied Mathematics - B.S.
Biochemistry - B.S.
Biology - B.A. or B.S.
Chemistry - B.A. or B.S.
Cinema and Screen Studies - B.A.
Cognitive Science - B.A. or B.S.
Computer Science - B.A. or B.S.
Creative Writing - B.A
Criminal Justice - B.A.
Economics - B.A.
Electrical and Computer Engineering - B.S.
English - B.A.
French - B.A.
Gender and Women's Studies - B.A.
Geochemistry - B.S.
Geology - B.A.
Geology Track I Geology - B.S.
Geology Track II Env. Earth Science - B.S.

German - B.A.
Global & International Studies - B.A.
History - B.A.
Human Development - B.A.
Information Science - B.A.
Language & International Trade - B.A.
Linguistics - B.A.
Mathematics - B.A.
Meteorology - B.S.
Philosophy - B.A.
Philosophy-Politics & Economics - B.A.
Philosophy-Psychology - B.A.
Physics - B.A. or B.S.
Political Science - B.A.
Psychology - B.A.
*Psych/Business Admin - B.A./M.B.A.
*Psych/Human Comp Intrctn - B.A./M.A.
Sociology - B.A.
Software Engineering - B.S.
Spanish - B.A.
Zoology - B.S.

School of Communication, Media & the Arts
Art - B.A. (Studio, Art History, Graphic Design, Illustration, Interactive Design)
Art - B.F.A. (Graphic Design)
Art - B.F.A. (Studio Art)
Broadcasting & Mass Comm. - B.A.
*Broadcasting/Business Admin - B.A./M.B.A

Communication - B.A.
Journalism - B.A.
Music - B.A.
Music (Audio Rec & Prod) – B.A.
Public Relations - B.A.
Theatre - B.A.

*Master's program
Minors

School of Business

Accounting
Business Administration
*Business Analytics
*Entrepreneurship
*International Business
*Selling

School of Education

*Athletic Coaching
*Health Science
*Nutrition
*Technology

College of Liberal Arts & Sciences

*African/African-American Studies
Anthropology
*Applied Statistics
*Astronomy
*Biocultural Anthropology
Biology
Chemistry
Cognitive Science
Computer Science
Creative Writing
Criminal Justice
*Digital Humanities
Economics
English
*Forensic Science
French
*French Culture Studies
Gender and Women's Studies
Geology
German
*German Culture Studies
*Gerontology

Global and International Studies
History
Human Development
Information Science
*Italian Culture Studies
Linguistics
*Logic
Mathematics
*Medieval and Renaissance Studies
*Native American Studies
*Peace and Conflict Studies
Philosophy
Physics
Political Science
Psychology
Sociology
Spanish
*Sports Studies
*Sustainability Studies
Zoology

School of Communication, Media & the Arts

Art
Art History
*Arts Management
*Audio Design and Production
Communication
*Dance
*Expressive Arts
Therapy
Graphic Design

Illustration
Journalism
*Live Event Design
*Museum Studies
Music
*Photography
Theatre

*minor only
Directions: Choose one of the majors from page 3 and fill in the below information using the SUNY Oswego Course Catalog.

Major: ____________________________________________

Summary of the Major Description:

Rate each course utilizing the following scale:

<table>
<thead>
<tr>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
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<tr>
<td>Extremely Draining</td>
<td>Neither Draining/Energizing</td>
<td>Extremely Energizing</td>
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<tr>
<th>Course</th>
<th>Ranking</th>
<th>Comments</th>
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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...?" webpage to help in making your decision.

<table>
<thead>
<tr>
<th>Major: ___________________________</th>
<th>Major: ___________________________</th>
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<tbody>
<tr>
<td>Possible Career(s): _______________</td>
<td>Possible Career(s): _______________</td>
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<td>Cons</td>
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Learn more about my Interests, Values, Abilities, and Strengths through Inventories and Assessments:
• 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.) 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” 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**

an interest inventory that matches your interests with career fields

**What Can I Do with A Major In...**

provides information about careers & resources for every major & minor

**Focus 2**

search career fields related to your interests, skills and values

**O*Net**

search for information about occupations

**Candid Career**

browse thousands of career videos
Self Assessments

Career Services offers a variety of assessments that provide you with information about your strengths, values, interests, and skills.

**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.