

Explore Majors and Careers

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SUNY Oswego Career Services
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**CAREER
SERVICES**
AT SUNY OSWEGO

Major & Minor Elimination

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: _____

Majors

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.](#)

[Comm. & Social Interaction - B.A.](#)
[Journalism - B.A.](#)
[Music - B.A.](#)
[Public Relations - B.A.](#)
[Theatre - B.A.](#)

*Master's program

Minors

School of Business

[Accounting](#)
[Business Administration](#)
[*Business Analytics](#)
[*Entrepreneurship](#)
[*International Business](#)

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 and Social Interaction](#)
[*Dance](#)
[*Expressive Arts Therapy](#)
[Graphic Design](#)

[Illustration](#)
[Journalism](#)
[*Live Event Design](#)
[*Museum Studies](#)
[Music](#)
[*Photography](#)
[Theatre](#)

*minor only

Dissecting a Major

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:

1 2 3 4 5 6 7
Extremely **Neither** **Extremely**
Draining **Draining/Energizing** **Energizing**

Course	Ranking	Comments

Weighing Your Options

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...?”](#) web page to help in making your decision.

<p>Major: _____</p> <p>Possible Career(s): _____</p> <table border="1"><thead><tr><th data-bbox="126 583 444 646">Pros</th><th data-bbox="444 583 776 646">Cons</th></tr></thead><tbody><tr><td data-bbox="126 646 444 1150"></td><td data-bbox="444 646 776 1150"></td></tr></tbody></table>	Pros	Cons			<p>Major: _____</p> <p>Possible Career(s): _____</p> <table border="1"><thead><tr><th data-bbox="844 583 1162 646">Pros</th><th data-bbox="1162 583 1494 646">Cons</th></tr></thead><tbody><tr><td data-bbox="844 646 1162 1150"></td><td data-bbox="1162 646 1494 1150"></td></tr></tbody></table>	Pros	Cons		
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Strategies for Major Exploration

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>

Career Exploration

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...

[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

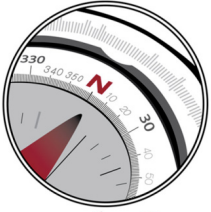


[Candid Career](#)

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. If you are interested in completing an assessment, email majorexporation@oswego.edu



StrengthsQuest™
THE GALLUP ORGANIZATION

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.