

Choosing a Major or Occupation



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Step 1: Learn about the Process

"Knowing": What's Involved in a Career Choice?

Before making a career choice, evaluate what you know about yourself, your options, how you make decisions, and how you think about your decision making.

- Knowing About Myself means knowing my values, interests, and skills.
- Knowing About My Options means knowing my possible majors, occupations, and jobs
- Be aware of self-talk and words like always, never and should. Absolutes can make it hard to move forward.

Thinking About My Decision Making

Knowing How I Make Decisions

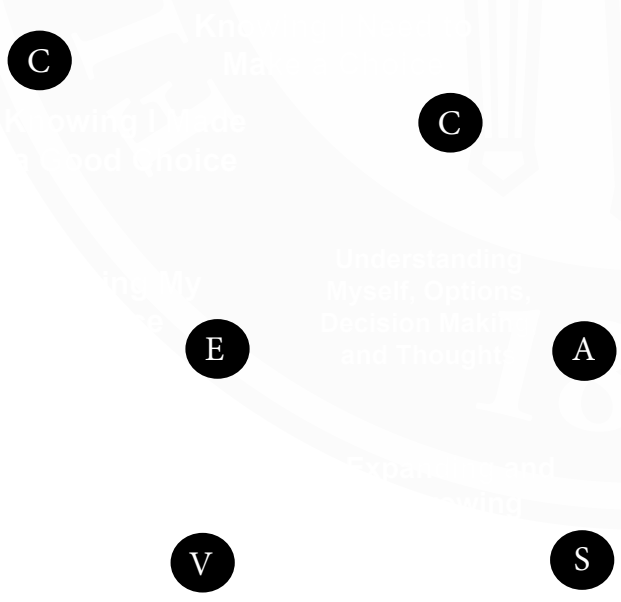
Knowing About Myself

Knowing About My Opinions

"Doing": How to Make a Better Decision?

The next step is to make your major or occupation choice. To make your choice, use a decision-making method that works for you.

The action-oriented model shown here can help you engage in the decision-making process and choose a major or occupation.



The CASVE Cycle

- Knowing I Need to Make a Choice
- Understanding Myself, Options, Decision Making, and Thoughts
- Expanding and Narrowing My List of Options
- Choosing a Major, Job, or Occupation
- Implementing My Choice
- Knowing I Made a Good Choice

Step 2: Consider My Decision

Before you make a decision about your major or career, consider what important factors are influencing that decision and how important these factors are to you. List any **thoughts, feelings, circumstances, people, or events that are impacting your decision.**

Now rank these factors in the order of importance.

1.	
2.	
3.	
4.	
5.	
6.	

Step 3: Understand Myself

Values: Guiding principles that reflect what is most important to you in life.

Interests: Topics you enjoy reading about and activities that leave you energized.

Skills: Developed talents or abilities.

Answer the Following Questions

Values

What did I like most about past experiences and why? What did I like least? Consider jobs, internships, volunteer service, school, etc.

What is important to me?

What makes my life and work meaningful?

Interests

What do I enjoy doing?

What kind of clubs/organizations am I interested in joining or want to continue being involved in?

When reading or watching TV which issues or topics am I drawn to?

Skills

What subjects/classes have I performed well in?

Where have I had successful experiences?

What do people I am close to say I do well?

Step 4: Rank My Values, Interests and Skills

In the columns below, circle the values important to you, areas of interests, and skills you possess.

Values	Interests	Skills
Adventure	Community Service	Analytical/Problem Solving
Being Outdoors	Creative/Performing Arts	Communication
Creativity	Cultures/Languages	Counseling
Independence	Environment/Animals	Creativity/Artistic/Design
Job Security	Fashion	Instructional/Mentoring
Leadership	Healthy Living/Medical	Interpersonal
Learning & Education	Interpersonal Relationships	Languages
Money	Literature/Reading/Writing	Mathematical
People Interaction	Music	Mechanical
Personal/Professional Balance	Organizing/Planning	Organizational
Prestige	Politics/Law	Persuasion
Service to Others	Science	Research
Set Routines	Sports	Scientific
Traveling	Teaching	Technological
Variety of Tasks	Technology/Computers	Writing
Other:	Other:	Other:
Other:	Other:	Other:

Now list your top three in each area from steps 3 and 4.

Values	Interests	Skills

Step 5: Envision My Future

Write any thoughts, feelings, or ideas you hold for your future below. Let the following questions guide your vision of the future.

When I think about a happy life, what does that include?

What inspires me? What am I passionate about?

Who do I aspire to be? What do I want to accomplish in the future?

What is my dream career?

As you look at your future goals, write a one sentence statement that expresses the vision that you have for your future and how you currently see yourself accomplishing it.

I will...

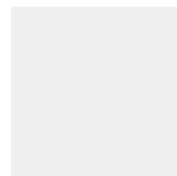
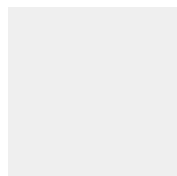
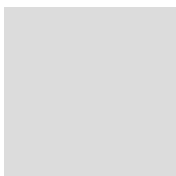
By doing...

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Step 6: Find My Ideal Work Environment

The Holland Party Game

1. Read about each of the six groups of people inside the hexagon below. Circle the three groups of people that sound most like you. Consider this statement: if I could do anything for fun or for a job, it would incorporate these things.
2. Write the large bold letter of the group most like you within the first block below, the letter of the group second most like you in the second block and the letter of the third group in the last block.
3. Continue to the next page to match your three letters to Florida State majors



Step 7: Choose My Potential FSU Major Options

Understanding options is critical to making a decision. Patterns emerge as you gain a better understanding of yourself and your options. Each step brings your academic and career choices into sharper focus.

Realistic	Investigative (cont.)	Investigative (cont.)
Art, Studio (B.A. and B.F.A)	Engineering - Biomedical - Chemical - Civil/Environmental - Computer - Electrical - Industrial - Mechanical	Sociology
Engineering, Computer	Environmental Chemistry	Statistics
Engineering, Civil	Environmental Science (B.A.)	Artistic
Environmental Science	Environmental Science & Policy (B.A.)	Art, Studio (B.A and B.F.A)
Geology	Environment and Society	Classics - Classical Archaeology - Classical Civilization - Classics and Religion - Greek - Latin - Latin and Greek
Investigative	Food and Nutrition Science	Communication - Digital Media Production
Actuarial Science	Geography	Dance
Anthropology	Geology	English - Creative Writing - Editing, Writing, and Media - English Studies - Literature
Biochemistry	Information Technology	Entrepreneurship - Retail Entrepreneurship
Biological Science	International Affairs	Interior Architecture and Design
Biomathematics	Interdisciplinary Medical Sciences - Pre-Clinical Professions - Community Patient Care - Health Management, Policy, and Information	Modern Languages - Chinese - Co-major in Chinese and Japanese - Co-major in Modern Languages and Linguistics - French - German - Italian - Japanese - Language with a Concentration in Business - Russian - Spanish
Business: Management Information Systems	Mathematics (Pure, Applied, Biomathematics)	Motion Picture Arts/Film - Animation and Digital Arts - Production
Chemical Science	Meteorology	
Chemistry	Neuroscience	
Communication Science & Disorders	Physical Science	
Computational Biology	Physics	
Computational Science	Physics and Astrophysics	
Computer Criminology	Psychology	
Computer Science (B.A or B.S)	Public Health	
Computer Science (Online Panama City only)	Public Safety and Security (Panama City only)	
Computer Programming and Applications (B.A.)		
Criminology/Criminal Justice		
Crime Scene Investigation (Panama City only)		
Economics		

Artistic (cont.)
Music - B.A. Program (Jazz/Sacred Music/Commercial) - Music Composition - Music Performance - Music Theatre - Music Theory
Philosophy
Theatre - B.A. Program - B.F.A, Acting - Music Theatre
Social
African American Studies
Asian Studies
Athletic Training (Pre AT/TP/PA/Sports Medicine)
Criminology/Criminal Justice
Dietetics
Elementary Education
English Education
Exercise Physiology
Family and Child Sciences
FSU Teach - Biology - Chemical Science - Environmental Sciences - Geosciences, Applied - Mathematics - Physical Science
Humanities Latin American and Caribbean Studies
Middle Eastern Studies
Music Education (Choral/Instrumental/General)
Music Therapy
Nursing/Nursing, Accelerated (B.S.N)
Psychology
Religion (and Religion Classics)
Russian and East European Studies

Social (cont.)
Social Science Education
Social Sciences, Interdisciplinary
Social Work
Special Education - Exceptional Student Education - Visual Disabilities (Teacher Preparation)
Women's Studies
Enterprising
Art History
Business - Business Administration (Panama City only) - Finance - Human Resource Management/Management Information Systems - Marketing - Professional Sales - Real Estate - Retail Management - Risk Management and Insurance Entrepreneurship - STEM - Commercial - Retail Global Club Management and Leadership Recreation and Tourism Management Communication/Information - Advertising - Information, Communication, and Technology (ICT) - Media/Communication Studies - Public Relations - Professional Communication (Panama City only) Professional Communication/Corporate and Public Communication (B.S./M.S. Combined) (Panama City only)

Enterprising (cont.)
History
Language w/ a concentration in Business (Modern Languages)
Political Science
Recreation, Tourism, and Management
Sport Management
Special Education - Exceptional Student Education - Visual Disabilities (Teacher Preparation)
Women's Studies
Convention
Business: Accounting
Actuarial Science
Computer Science +
CCI
Marketing
Social Work
Elementary Education
Early Childhood
Agribusiness
Business Administration
Economics
English
Hospitality, Restaurant, and Tourism Management
Mathematics
Natural Resource and Environmental Economics
Information Technology
Information Studies
Finance
Management/Management Information Systems

Step 8: Explore and Narrow My Options

Now that you've identified your values/interests/skills and possible majors and occupations, it is time to explore these options.

Majors: this includes understanding prerequisite courses, academic milestones, and application procedures.

Occupations: may include work descriptions, education/training requirements, growth outlook, average salaries and sample employers

List your top majors or occupations on the lines below. Using the online resources below, explore these options. Consider the pros and cons of each one.

1.
2.
3.
4.
5.
6.
7.

Online Resources

- Academic Program Guide www.academic-guide.fsu.edu
- Blue Prints [Design Your Career | The Career Center \(fsu.edu\)](#)
- Career Center Book Collection www.career.fsu.edu/resources/career-center-library
- Occupational Outlook Handbook (OOH) www.bls.gov/OOH
- O*Net www.onetonline.org
- Focus 2 www.career.fsu.edu/FOCUS
- Departmental Websites <https://www.fsu.edu/departments/>
- Undergraduate Bulletin <https://www.fsu.edu/departments/>

Step 9: Evaluate My Final Options

Now that you've explored your options, narrow your selection to 3 or less. The best way to assemble your final list is to compare your new possibilities to your most important values, interests, and skills checklist. Write your top 3 majors or occupations.

1.

2.

3.

Making a final decision often comes about through experience and "hands-on" learning. Here are some recommended action steps:

<p>Courses: Work with an academic advisor to identify classes that can give you a better understanding of your top choices for a major. Eg. SLS 1203 Introduction to Exploration for Academic Majors.</p>	<p>Information Interviews: Contact a professional in a major or occupation you are considering. Use the "Conducting an Information Interview" guide at Career Guides The Career Center (fsu.edu)</p>
<p>Career Center: Drop by The Career Center to discuss your major, and to learn about internships, job shadowing, and more.</p>	<p>SDS 3340: Enroll in the Introduction to Career Development class to engage in more in-depth exploration.</p>
<p>Academic Advising: Search advisors to clarify major requirements and options. Advisor Search The Career Center (fsu.edu)</p>	<p>Join a Club: Explore FSU student organizations in the major or field you are considering. Organizations NoleCentral (fsu.edu)</p>
<p>Career Panels: Attend panels of faculty, staff, students, and business professionals to hear opportunities in different career fields. Events and Workshops The Career Center (fsu.edu)</p>	<p>Volunteer/Community Service: Learn more about occupations by volunteering through the Center for Leadership and Social Change: The Center for Leadership & Social Change (fsu.edu)</p>
<p>ProfessioNole Mentors: Identify a mentor ProfessioNole Mentors Program The Career Center (fsu.edu)</p>	<p>Pizza and a Major: Attend this 3-part workshop series in October to learn more about yourself, major options and career.</p>

My Action Steps	Date to Complete
1.	
2.	
3.	

Step 10: Make a Choice

Am I ready to make a decision?

Yes. My Decision is:

OR

No. Why not?:

What would be helpful to me to make this decision?

The Career Center
100 S. Woodward Avenue
1200 Dunlap Success Center

Major and Career Exploration, self-assessment activities, occupational information, jobs, internships, job shadowing, ProfessionNole Clothing Closet, resumes, and all career related questions. Drop in and meet with a career advisor.
Hours of operation:
<https://career.fsu.edu/about-us/hours-of-operation>

Advising First - Center for Exploratory Students
143 Honors Way, G002
Johnston Building (WJB)

Provides special assistance to first-year students who are undecided about their major Monday through Friday from 8:30 a.m. - 4:30 p.m. Call 850-645-2847 or email ExploratoryAdvising@fsu.edu to schedule an appointment or for more information.

Advising First - Center for Academic Planning
UCA 3200

Supports sophomores and above students experiencing indecision about their major selection or concerns with academic mapping.
Call 850-644-3430 or email UGS-CAPAdvising for more information.

The following sources were adapted for inclusion in this guide.

Sampson, J.P., Jr., Peterson, G. W., Lenz, J. G., & Reardon, R. C. (1992). A cognitive approach to career services: Translating concepts into practice. *Career Development Quarterly*, 41, 61-67.

Peterson, G. W., Leasure, K. K., Carr, D. L., & Lenz, J. G. (2009-2010, Winter). The decision space worksheet: An assessment of context in career decision making. *Career Planning and Adult Development Journal*, 25 (4), 87-97.

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