What You Will Find in this Guide

1. Step 1: Learn the Process of Making Decisions ........................................3
2. Step 2: Consider My Decision ...................................................................4
3. Step 3: Understand Myself .........................................................................5
4. Step 4: Rank My Values, Interests and Skills ........................................6
5. Step 5: Envision My Future .......................................................................7
6. Step 6: Find My Ideal Work Environment..............................................8
7. Step 7: Choose My Potential FSU Major Options .....................................9
8. Step 8: Explore and Narrow My Options ..............................................11
9. Step 9: Evaluate My Final Options .....................................................12
10. Step 10: Making a Choice .............................................................13
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.

"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.

- 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

The CASVE Cycle
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.

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

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

<table>
<thead>
<tr>
<th>Values</th>
<th>Interests</th>
<th>Skills</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### 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.

<table>
<thead>
<tr>
<th>Question</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>When I think about a happy life, what does that include?</strong></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Question</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>What inspires me? What am I passionate about?</strong></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Question</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Who do I aspire to be? What do I want to accomplish in the future?</strong></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Question</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>What is my dream career?</strong></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Question</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>As you look at your future goals, write a one sentence statement that</strong></td>
</tr>
<tr>
<td><strong>expresses the vision that you have for your future and how you</strong></td>
</tr>
<tr>
<td><strong>currently see yourself accomplishing it.</strong></td>
</tr>
<tr>
<td><strong>I will...</strong></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td><strong>By doing...</strong></td>
</tr>
</tbody>
</table>
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
- Art, Studio (B.A. and B.F.A)
- Engineering, Computer
- Engineering, Civil
- Environmental Science
- Geology

### Investigative (cont.)
- Engineering
  - Biomedical
  - Chemical
  - Civil/Environmental
  - Computer
  - Electrical
  - Industrial
  - Mechanical
- Environmental Chemistry
- Environmental Science (B.A.)
- Environmental Science & Policy (B.A.)
- Environment and Society
- Food and Nutrition Science
- Geography
- Geology
- Information Technology
- International Affairs
- Interdisciplinary Medical Sciences
  - Pre-Clinical Professions
  - Community Patient Care
  - Health Management, Policy, and Information
- Mathematics (Pure, Applied, Biomathematics)
- Meteorology
- Neuroscience
- Physical Science
- Physics
- Physics and Astrophysics
- Psychology
- Public Health
- Public Safety and Security (Panama City only)

### Investigative (cont.)
- Sociology
- Statistics

### Artistic
- Classics
  - Classical Archaeology
  - Classical Civilization
  - Classics and Religion
  - Greek
  - Latin
  - Latin and Greek
- Communication
  - Digital Media Production
- Dance
- English
  - Creative Writing
  - Editing, Writing, and Media
  - English Studies
  - Literature
- Entrepreneurship
  - Retail Entrepreneurship
- Interior Architecture and Design
- 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
- Motion Picture Arts/Film
  - Animation and Digital Arts
  - Production
### Artistic (cont.)

- Music
  - B.A. Program (Jazz/Sacred Music/Commercial)
  - Music Composition
  - Music Performance
  - Music Theatre
  - Music Theory
- Theatre
  - B.A. Program
  - B.F.A, Acting
  - Music Theatre

### Social (cont.)

- Social Science Education
- Social Sciences, Interdisciplinary
- Social Work
- Special Education
  - Exceptional Student Education
  - Visual Disabilities (Teacher Preparation)
- Women's Studies

### Enterprising (cont.)

- 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)

### Conventional

- 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

### Social

- African American Studies
- Asian Studies
- Athletic Training (Pre AT/TP/PA/Sports Medicine)
- Criminology/Criminal Justice
- Diatetics
- 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

### 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)
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.

<p>| | | | | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Online Resources**

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

| Courses: Work with an academic advisor to identify classes that can give you a better understanding of your top choices for a major, e.g., SLS 1203 Introduction to Exploration for Academic Majors. | 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) |
| Career Center: Drop by The Career Center to discuss your major, and to learn about internships, job shadowing, and more. | SDS 3340: Enroll in the Introduction to Career Development class to engage in more in-depth exploration. |
| Academic Advising: Search advisors to clarify major requirements and options. Advisor Search | The Career Center (fsu.edu) | Join a Club: Explore FSU student organizations in the major or field you are considering. Organizations | NoleCentral (fsu.edu) |
| 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) | 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) |
| ProfessioNole Mentors: Identify a mentor ProfessioNole Mentors Program | The Career Center (fsu.edu) | Pizza and a Major: Attend this 3-part workshop series in October to learn more about yourself, major options and career. |

<table>
<thead>
<tr>
<th>My Action Steps</th>
<th>Date to Complete</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td></td>
</tr>
</tbody>
</table>
Choosing a Major or Occupation

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 following sources were adapted for inclusion in this guide.

