MAJOR EXPLORATION ACTIVITIES

The activities in these pages can help you to increase knowledge/awareness about yourself. These are activities that you can use, as you see fit, to assist you with your exploration of majors and careers. You do not have to complete all of these activities because not all activities work for every student. It is recommended that you complete the activities that you feel are relevant to you and discuss your results with your advisor.

BEFORE YOU BEGIN THE PROCESS OF FINDING YOUR MAJOR, IT IS IMPORTANT THAT YOU REMEMBER THE FOLLOWING:

You are not choosing what you have to do for the rest of your life!!!!

Generally, there isn’t a 1-1 relationship between major and career. Many graduates have jobs that are NOT directly related to their major, which means you can major in just about anything, and in most cases, go into just about any career as a result. You can enhance your employability by getting career-related experience while in school.

There is no “perfect” or “right” major…just some that you’ll be more satisfied with than others.

Which also means that there is no “wrong” major either. Realize that there are likely five or six possible majors, from the numerous options available at UWM, with which you would be very satisfied. The aim is to find and choose one of those possible majors.

There is no magical test that will tell you what you should choose.

Yes, there are career tests you can take, and yes, they can be helpful in determining possible career options, but they won’t provide all of the answers for you.

Choosing a major is a COLLABORATIVE process and it takes time.

You and your advisor will be involved in helping each other to make this process enjoyable, fun and educational for you.

Your advisor looks forward to having a conversation with you. Please call (414) 229-4696 or go to Navigate: https://uwmilwaukee.campus.eab.com/ to set up a meeting.

Happy Exploration!
Why am I undecided?
Before you can choose a major, it is important to know the reasons you are undecided and just how undecided you are about a major, or even a career. Below are a few examples. Be honest about YOUR reasons for being undecided. List the reasons in the space provided.

Here are just a few examples why some students claim to be undecided:

☐ I don’t want to make the “wrong” choice. ☐ I have too many interests and can’t narrow down my options.

☐ I don’t know what information or options are out there. ☐ I am not ready to commit to a choice.

☐ I don’t have an interest in any area of study. ☐ I have a career chosen, but do not know which majors are best for that career.

What are your reasons?
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What am I interested in?
This activity is very simple and will assist you with putting some thoughts down on paper. Place a “✓” next to each of the items below that you feel best describe your preferences and interests.

☐ I prefer to be doing physical activities. ☐ I prefer to have a set, planned out schedule.

☐ I like to build things. ☐ I prefer to do things my own way.

☐ I like to work on/with mechanical things. ☐ I want to have defined, structured tasks.

☐ I like to work with my hands. ☐ I like to be a follower, rather than a leader.

☐ I like to do clerical/office tasks. ☐ I like to take risks.

☐ I like to work with detailed things. ☐ I like change.

☐ I like to see how things work. ☐ I prefer to be doing many different things.

☐ I like to create and make things. ☐ I want to be in a competitive working environment.

☐ I like to come up with ideas. ☐ I prefer to work closely with people.

☐ I would like to use my creativity. ☐ I want freedom and few rules.

☐ I would like to work with animals. ☐ I prefer to be independent.

☐ I prefer to work with children. ☐ I want to work in a very cooperative environment.

☐ I like to investigate. ☐ I prefer leadership positions.

☐ I like to do research. ☐ I want to be in charge, or in control.

☐ I like being able to help others. ☐ I like working in groups.

☐ I would prefer to travel. ☐ I would prefer to travel.

☐ I prefer to be outdoors. ☐ I prefer to work closely with others.

☐ I prefer to be in an office. ☐ I prefer to be independent.

☐ I prefer to have a neat and orderly workplace.
Look at the items you have marked. Do you see some common themes in the items you’ve marked? What are those? If your preferences are not on the list above, add them here.

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Why do you believe these are of interest to you? Can you give any examples of experiences you’ve had that have influenced why you marked these items?

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Take a look at the items you have not marked. Can you think of the reasons why these are not of interest to you?

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Do the items you’ve marked disagree with each other? What are those items?

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__________________________________________________________________________________________

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☐ I prefer working with just a small group of people.
☐ I would rather work by myself than with a group.
☐ I prefer to work closely with others.
☐ I prefer to start projects by myself.
☐ I enjoy explaining things to others.
☐ I am genuinely concerned for others.
☐ I like to come up with solutions to problems.
☐ I like the challenge of making money.

☐ I tend to procrastinate.
☐ I like it when things get finished.
☐ I like to prepare things ahead of time.
☐ I am a perfectionist.
☐ I like communicating.
☐ I like writing.
☐ I enjoy debating issues.
☐ I like the medical sciences
☐ I like math.
☐ I like science.
What subjects do I enjoy?

Take a moment to reflect upon those subjects that you have completed both in high school and in college up to this point. List the subjects/courses you really enjoyed taking in the left column. What was it about those courses that you enjoyed or liked?

**Subjects/Courses you enjoyed or found an interest in:**

<table>
<thead>
<tr>
<th>Subjects/Courses you enjoyed or found an interest in:</th>
<th>Ability (1-10)</th>
</tr>
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<tbody>
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Rate your abilities in those subjects from 1-10 (10 being the highest) in the right column above. Do you need to improve your skills and abilities to be successful in these courses?

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__________________________________________________________________________

List below those subjects/courses in which you were bored, frustrated, confused, and/or did not like.

<table>
<thead>
<tr>
<th>Subjects/Courses you bored, frustrated, confused, and/or did not like:</th>
<th>Ability (1-10)</th>
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What majors are on my list?

Cross out those majors on the following list that you know you would never consider. Or, circle the ones in which you feel you have some level of interest. Or, do both. The point is to make the potential list of majors manageable.

Are the majors you’ve circled related/ different to one another?

__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
ARCHITECTURE & URBAN PLANNING
Architectural Studies

PECK SCHOOL OF THE ARTS
Animation
Art & Design
- Concentrations:
  - Design & Visual Communication (Graphic Design)
  - Photography
  - Sculpture
  - Jewelry & Metalsmithing
Art Education
Dance
Film
Music
Music Education
Theatre Arts

LUBAR SCHOOL OF BUSINESS
Accounting
Finance
Human Resources
Management
Information Technology
Management
Marketing
Supply Chain Operations
Management

EDUCATION
Community Engagement
& Education
Education
- Concentrations:
  - American Sign Language Studies
  - Bilingual Education
  - Early Adolescence and Adolescence level English, Math, Science, and Social Studies
  - Early Childhood
  - Interpreter Training Program (ASL)
  - Middle Childhood-Early Adolescence (Elementary and Middle Education)
Exceptional Education
- Early Adolescence and Adolescence
- Early Childhood Special Education
- Middle Childhood – Early Adolescence

ENGINEERING & APPLIED SCIENCE
Applied Mathematics
& Computer Science
Biomedical Engineering
Civil Engineering
Computer Engineering
Computer Science
Electrical Engineering
Industrial & Manufacturing Engineering
Materials Science & Engineering
Mechanical Engineering

HEALTH SCIENCES
Biomedical Sciences
- Concentrations:
  - Cytotechnology
  - Diagnostic Medical Sonography
  - Public Health Microbiology
  - Medical Laboratory Science
  - Radiologic Technology
Communication Sciences & Disorders
Health Care Administration
Kinesiology
Nutritional Sciences
Occupational Studies

INFORMATION STUDIES
Information Sciences & Technology

LETTERS & SCIENCE
Actuarial Science
African & African Diaspora Studies
Anthropology
Applied Mathematics & Computer Science
Art History & Criticism
Atmospheric Science
Biochemistry
Biological Sciences
Chemistry
Chinese Classics
Communication
Comparative Ethnic Studies
Comparative Literature
Conservation & Environmental Science
Digital Arts & Culture
Economics
English Film Studies
French

NURSING
Nursing

JOSEPH J. ZILBER SCHOOL OF PUBLIC HEALTH
Public Health

HELEN BADER SCHOOL OF SOCIAL WELFARE
Criminal Justice
Social Work

PRE-PROFESSIONAL PROGRAMS
Anesthesiologist Assistant
Chiropractic
Dentistry
Law
Medicine
Optometry
Pathologist Assistant
Pharmacy
Physical Therapy
Physician Assistant
Podiatry
Veterinary Medicine

Contact the Office of Central Advising:
Phone: (414) 229-4696 Location: Mitchell Hall 177 Walk-In Hours: Wednesdays
Email: oca-info@uwm.edu Navigate: uwmilwaukee.campus.eab.com 9 am – 3 pm
What skills do I have?

Mark skills you are good at and rate your skill level on a scale of 1-5 (5 being highest) for each of the following abilities listed below.

5 – Highly Skilled
4 – Skilled
3 – Intermediate
2 – Low Skill
1 – No Skill

_ inspiring trust and confidence
_ motivating others
_ guiding the activities of others
_ working effectively with individuals and groups
_ planning and organizing
_ understanding emotional and educational needs of others
_ communicating verbally
_ maintaining order, resolving differences, anticipating and preventing problems
_ gathering information
_ presenting information in a manner that holds attention
_ adapting and presenting information to different learning styles
_ accurately assessing progress of individuals or programs
_ communicating effectively in writing
_ managing multiple tasks
_ working alone
_ solving problems
_ identifying important issues
_ integrating a variety of concepts
_ being organized
_ understanding how political and social contexts affect behavior
_ attention to details
_ self-motivated
_ analyzing information and situations
_ thinking critically
_ designing
_ taking initiative
_ being patient
_ being dependable
_ being understanding
_ speaking effectively in front of groups

_ creating policy
_ advocating for others
_ operating machinery
_ investigating
_ using space effectively
_ making well-informed decisions
_ being self-disciplined
_ working under stressful conditions
_ serving others
_ interacting with people from different backgrounds
_ building, making things
_ leading others
_ being reliable
_ using diplomacy
_ taking responsibility
_ understanding physical needs of others
_ assisting others in their growth/ development
_ helping others through stressful times
_ using time effectively
_ effectively listening
_ working with numbers
_ using technology
_ persuading others
_ being inventive
_ persevering
_ being versatile and able to adapt
_ dealing with conflict
_ confronting others
_ facilitating discussion
_ creating or composing
_ performing
_ debating with others
_ selling ideas, goods, or services
_ being flexible to change
_ understanding all sides of an issue
If you have skills that you feel you are good at and are not on the list above, be sure to list them and rate your ability.

__________________________________________________________________________________________________________

__________________________________________________________________________________________________________

Review the list, what are your highest rated skills?

__________________________________________________________________________________________________________

__________________________________________________________________________________________________________

Why do you feel these are highest?

__________________________________________________________________________________________________________

__________________________________________________________________________________________________________

Which skills do you wish you could improve upon or learn? Why do you feel you should improve on these particular skills?

__________________________________________________________________________________________________________

__________________________________________________________________________________________________________

What do I value?
Using the scale below, rank the following statements:

5 – Very High Importance
4 – High Importance
3 – Some Importance
2 – Very Low Importance
1 – No Importance

Values that relate to your work environment
_ Risk/Adventure: Your responsibilities at work often include taking chances
_ Creativity: You have the chance to create or come up with new ideas
_ Challenges: You will be faced with challenges, situations to resolve, and/or problems to solve
_ High Paced: Your environment is highly active

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Autonomy: You have much independence in your position

Change: Being in an environment where change occurs often, or where you have to adapt to new circumstances

Variety: Your responsibilities are varied, allowing for many different experiences

Authority: Your job gives you the opportunity to be the person who makes decisions

Competitive: You compete with others in your work environment

Physical: Your responsibilities include tasks that require physical action

Money-Making: You have the opportunity to make increasingly large amounts of money

Leadership: Your responsibilities include supervising others in your environment

Secure: There is a low likelihood of you losing your job

Pressure: Your work environment includes many situations in which you are under pressure to perform job responsibilities well or on time

Predictable: Your responsibilities are predictable and are not likely to change often

Flexible: You control your schedule and work nonstandard hours according to your needs

Values that relate to your personal interests

Specialized: In your environment, you are considered an expert in your area

Recognition/Value: You are appreciated, recognized and valued for your work

Knowledge Seeking: Your job promotes or encourages the pursuit of knowledge and understanding

Location: Your job is located in an environment that is comfortable

Morality: Your work involves tasks that encourage moral standards important to you

Community: Your job is located where you feel you can get connected and/or involved in the community

Professional Growth: Your position has good opportunities to move up the career ladder

Values that relate to the people in your environment

Friendships/Relationships: In your environment, having strong friendships with your co-workers is important

Helping: Your responsibilities include helping others

Connection: You feel connected to the organization for which you work

Control/Power: Your job gives you the chance to control others or their activities

Contact: Your environment encourages a lot of interaction with others

Isolation: Your environment allows you to spend most of your time working alone

Societal Importance: Your job impacts society in positive ways

Next, take a moment to review your ratings, and list below those that are of most importance to you. 

__________________________________________            __________________________________________
__________________________________________            __________________________________________
__________________________________________            __________________________________________

Are there other values that were not included on this list? Write those down and rate them as well.

__________________________________________            __________________________________________

It is important to consider values that are of great importance to you when choosing a major or a career.
**Action plan**
You’ve reviewed interests, skills and values to consider when making a decision. Now, it’s time to make an action plan. Be sure to work together with your advisor on this plan.

Major(s) you wish to explore:

__________________________________________            __________________________________________

__________________________________________            __________________________________________

__________________________________________            __________________________________________

Next Steps:                                       Deadlines:

__________________________________________            __________________________________________

__________________________________________            __________________________________________

__________________________________________            __________________________________________

Other tasks to consider:

__________________________________________            __________________________________________

__________________________________________            __________________________________________

Notes:

__________________________________________________________________________________________

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__________________________________________________________________________________________

I have a follow-up appointment with my advisor on:

__________________________________________________________________________________

*Adopted from Portland State University*
Exploring Majors
Selecting a major that suits your talents, interests, and goals can be both an exciting and intimidating journey. Your advisor is here to help you through this process by answering questions and providing guidance along the way. To begin, students should make use of the recommendations below to generate ideas about possible majors or career paths.

I have little to no idea about what major I might like.
☐ Review the entire list of undergraduate majors: https://uwm.edu/academics/
   ○ Write down majors that look appealing and those that absolutely do not and why
   ○ Keep a list of questions to follow-up on with your advisor
☐ Visit the Career Planning & Resource Center assessment page to identify your skills, values, and preferences related to work and study: https://uw.m.edu/careerplan/students-2/majors-careers/connect-yourself-to-a-career/
   ○ Discuss your results with a CPaRC staff member and your OCA Advisor
☐ Create a detailed exploration plan and timeline with your OCA advisor
☐ Enroll in ED PSYCH 110: Planning your Major, Career (3 credits)

I have narrowed it down to a couple of different majors.
☐ Visit major and department webpages
   Example- Information Science & Technology: https://uwm.edu/informationstudies/academics/undergraduate/
   ○ Set up an informational appointment with a major advisor
      ○ Your OCA advisor can help connect you to advisors for potential majors and help you to prepare for your meeting
☐ Use the “What can I do with this major” website to consider additional career fields for majors you may like: http://whatcanidowiththismajor.com/info.html or https://www.onetonline.org/
☐ Work with your OCA advisor to take entry level classes in majors of interest
      ○ Your OCA advisor can help you select classes that can help you explore and eventually get into possible majors while still making progress toward graduation

I want to declare a major.
☐ Meet with your OCA advisor to review the declaration process for your major
      ○ Your OCA advisor can confirm you meet the entry requirements for your major, connect you to your next advisor, and/or help you to meet the entry requirements for competitive majors
☐ After declaring, meet with your major advisor
      ○ Work with your major advisor to ask questions, learn about department opportunities to get involved in your field, and develop a graduation and career plan
☐ Visit the Career Planning & Resource Center
☐ Regularly review job opportunities related to your goals
      ○ While completing your major and degree, consider additional courses to help gain the skills and content listed in position summaries for jobs of interest to you
      ○ Join Handshake to apply for job opportunities at: https://uwm.joinhandshake.com/.

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