

## 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:

- |  |   |
|--|---|
| <input type="checkbox"/> I don't want to make the "wrong" choice.                | <input type="checkbox"/> I have too many interests and can't narrow down my options.                    |
| <input type="checkbox"/> I don't know what information or options are out there. | <input type="checkbox"/> I am not ready to commit to a choice.  |
| <input type="checkbox"/> I don't have an interest in an any area of study.       | <input type="checkbox"/> 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.

- |   |   |
|---|---|
| <input type="checkbox"/> I prefer to be doing physical activities.      | <input type="checkbox"/> I prefer to have a set, planned out schedule.      |
| <input type="checkbox"/> I like to build things.                        | <input type="checkbox"/> I prefer to do things my own way.                  |
| <input type="checkbox"/> I like to work on/with mechanical things.      | <input type="checkbox"/> I want to have defined, structured tasks.          |
| <input type="checkbox"/> I like to work with my hands.                  | <input type="checkbox"/> I like to be a follower, rather than a leader.     |
| <input type="checkbox"/> I like to do clerical/office tasks.            | <input type="checkbox"/> I like to take risks.                              |
| <input type="checkbox"/> I like to work with detailed things.           | <input type="checkbox"/> I like change.                                     |
| <input type="checkbox"/> I like to see how things work.                 | <input type="checkbox"/> I prefer to be doing many different things.        |
| <input type="checkbox"/> I like to create and make things.              | <input type="checkbox"/> I want to be in a competitive working environment. |
| <input type="checkbox"/> I like to come up with ideas.                  | <input type="checkbox"/> I prefer to work closely with people.              |
| <input type="checkbox"/> I would like to use my creativity.             | <input type="checkbox"/> I want freedom and few rules.                      |
| <input type="checkbox"/> I would like to work with animals.             | <input type="checkbox"/> I prefer to be independent.                        |
| <input type="checkbox"/> I prefer to work with children.                | <input type="checkbox"/> I want to work in a very cooperative environment.  |
| <input type="checkbox"/> I like to investigate.                         | <input type="checkbox"/> I prefer leadership positions.                     |
| <input type="checkbox"/> I like to do research.                         | <input type="checkbox"/> I want to be in charge, or in control.             |
| <input type="checkbox"/> I like being able to help others.              | <input type="checkbox"/> I like working in groups.                          |
| <input type="checkbox"/> I would prefer to travel.                      | <input type="checkbox"/> I would prefer to travel.                          |
| <input type="checkbox"/> I prefer to be outdoors.                       | <input type="checkbox"/> I prefer to work closely with others.              |
| <input type="checkbox"/> I prefer to be in an office.                   |   |
| <input type="checkbox"/> I prefer to have a neat and orderly workplace. |   |

Contact Pathway Advising:

Phone: (414) 229-4696

Location: Mitchell Hall 177

Walk-In Hours: Wednesdays

Email: [pathway-advising@uwm.edu](mailto:pathway-advising@uwm.edu)

Navigate: [uwmilwaukee.campus.eab.com](http://uwmilwaukee.campus.eab.com)

9 am – 3 pm



- 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.

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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**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:**

**Ability (1-10)**

_____	_____
_____	_____
_____	_____
_____	_____

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?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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

_____	_____
_____	_____
_____	_____

**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?

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\_\_\_\_\_

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**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

Geography

Geosciences

German

Global Studies

History

International Studies

Italian

Japanese

Jewish Studies

Journalism, Advertising,

& Media Studies

Latin American,

Caribbean, & U.S.

Latin@ Studies

Linguistics

Mathematics

Microbiology

Philosophy

Physics

Political Science

Psychology

Religious Studies

Russian

Sociology

Spanish

Urban Studies

Women's & Gender

Studies

**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

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## 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

- \_ 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

### 2 – Low Skill

#### 1 – No Skill

- \_ 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

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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.

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Review the list, what are your highest rated skills?

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Why do you feel these are highest?

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

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**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.**

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**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:**

_____
_____
_____
_____
_____

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

_____
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*Adopted from Portland State University*

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## 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://uwm.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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