



## Choosing a Major Checklist

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Deciding on and declaring a major is a large part of the entire college experience. Students should be actively involved in the process of choosing a major. This is your chance to explore new areas, your future, and your goals. Take advantage of the resources here at Cascades to make the best decision for you.

### Clarify Your Interests, Values, and Skills

- Reflect on where you are, where you want to be, and what makes you happy?
- What types of courses and activities have held your interest, kept you motivated?
- What are your strengths/things you do that come more naturally to you?
- What is important to you when considering a career (security, schedule, advancement, salary)?
- Schedule an appointment with the [Career Development Center](#) to discuss your interests, values and skills and consider taking the Strong Interest Inventory

### Research Majors and Career Options

- Review the list of [academic programs at OSU-Cascades](#)
- Examine the advising checklist for different majors so you understand class requirements
- Read through class descriptions in the [Course Catalog](#) to help you identify which major(s) will incorporate more of the classes that you are interested in
- Visit your [Academic Advisor](#) to discuss options you may not know exist or fit with your goals
- Explore majors and career options on the [What Can I Do With My Degree](#) page
- Research career options using [O\\*NET](#) or the [Occupational Outlook Handbook](#)
  - ✓ Don't rule out any major because you think it may not lead to a job. Most majors in college aren't preparing you for a specific job, but rather they prepare you for the job market by developing transferable skills such as reading, writing, researching, problem solving, and critical thinking
- Take an [exploratory course](#) in an area you are interested in
- [Job shadow](#) or [volunteer](#) in a career area that is associated with a major of interest

### Choose a Major

After all that research, you may still have two or three majors that you really like and are having a difficult time choosing between. Understand that you are now more informed on each major and cannot make a bad decision at this point. Each major would be a good fit for you for one reason or another. Ultimately, you will need to choose and/or look at possible ways to combine major/minor options and additional courses of interest. Schedule an appointment with your Academic Advisor or a Career Counselor if you would like more assistance in processing your decision.

### Implement Your Decision

- Visit your Academic Advisor to make sure you are ready to declare your new major
- Fill out a Change of Undergraduate Program form
- Start taking classes that contribute to your new major!
- Continue to reflect on your goals and commitments as you progress through degree attainment