

Deciding Your Major: A Worksheet to Get You Started

Did you know that many incoming WSU students are still deciding on their majors? In fact, for those coming in with declared majors, the majority will change their majors at least once. **You are not alone!!** This worksheet can help you in your journey to select a major well suited to you.

Start by understanding YOU!

- What are some things you **value**? What are your **strengths**? What are your **interests**?
- In what classes are you doing well or have done well in the past (include high school)?
- What are some of the things your friends say you're good at or like about you?
- If you could picture yourself doing something you would enjoy, what does that look like?
- What is your dream job? (Think big!)

Work Values

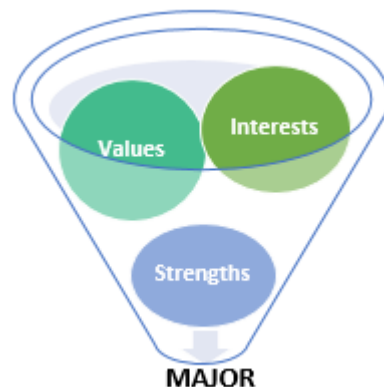
- Achievement
- Independence
- Recognition
- Relationships
- Support and supervision
- Working conditions
- Financial reward
- Helping others
- Others?

Strengths

- Good listener, speaker, writer
- Complex problem solver
- Social skills (negotiation, persuasion, instructing)
- Decision maker
- Technical skills (computers, technology, operations analysis)
- Others?

Interests

- Hands-on, outdoors, practical
- Working with ideas and figuring things out
- Self-expression, creativity
- Helping, teaching, service
- Running a business, leading or managing people
- Following procedures and details
- Others?



Next Steps

- Based on your values, strengths and interests, go through the list on the back of this worksheet and cross off majors that you know are simply “not for you”.
- Use the Online Course Catalog (<http://catalog.winona.edu/>) to learn more about the programs. Reading descriptions of courses required in certain majors is a great way to narrow your list!
- Next, check the majors that interest you most and start your own “top ten” list. Do you see a theme developing in your top major choices, or in the majors you crossed out?
- To declare a major or change majors, pick up a Declaration of Major form at the Warrior Hub (Maxwell 222) and take it to the department for that major to have an advisor assigned.

WSU Majors

Bachelor of Arts

- ___ Art: Graphic Design or Studio Art
- ___ Communication Studies
- ___ Economics
- ___ English
- ___ Geoscience
- ___ Global Studies
- ___ History
- ___ Law and Society
- ___ Mass Communication: Advertising, Journalism, Public Relations, or Transmedia
- ___ Music
- ___ Political Science
- ___ Psychology
- ___ Sociology
- ___ Spanish
- ___ Theatre

Bachelor of Science

- ___ Accounting
- ___ Athletic Training
- ___ Biology: Allied Health, Cell & Molecular, Ecology, Environmental Science
- ___ Biochemistry
- ___ Business Administration
- ___ Chemistry
- ___ Clinical Laboratory Science
- ___ Composite Materials Engineering
- ___ Computer Science
- ___ Criminal Justice: Corrections or Law Enforcement
- ___ Exercise/Rehabilitation Science: Clinical Exercise Science, Exercise Science, or Movement Science
- ___ Finance
- ___ Geoscience: Environmental Science or Geology
- ___ Health Promotion: Community Health or School Health
- ___ Mathematics, Statistics, or Data Science
- ___ Nursing
- ___ Paralegal/Legal Studies
- ___ Physics
- ___ Public Administration
- ___ Recreation and Tourism or Therapeutic Recreation
- ___ Social Work
- ___ Teaching: Elementary, Middle School, High School, Early Childhood and/or Special Ed

Resources to Continue Your Journey to Decide Your Major

- Visit with a Warrior Success Center advisor (Maxwell 314, 507.457.5878) to try a self-assessment (Focus2, MBTI, StrengthsQuest, or Strong Interest Inventory)
- Participate in student organizations, attend on-campus events, and volunteer in the community
- See how majors connect to careers: www.winona.edu/major/explore-careers.asp
- Go to O*NET (www.onetonline.org) or the Occupational Outlook Handbook (<http://www.bls.gov/ooh/>) to research occupations
- Job shadow or conduct an informational interview with someone in your field of interest