Major Exploration Plan

Step 1: Getting to Know Yourself!

Take career assessments and inventories to learn more about your likes, dislikes, talents, and values.

-Focus 2: https://www.focus2career.com/Portal/Login.cfm?SID=626 Career Assessment and information about careers that would be a good fit based on your work interests, values, skills, leisure activities, and personality.

-Strength Finder: The Strengths Finder helps you determine your natural skills, but does not alone determine which careers you would excel in. You can use your strengths in any given field, but your natural talents can lend themselves in certain career fields.

-Create a Vision Board: A vision board can help affirm your dreams and goals for yourself through collecting quotes, inspiring words, magazine/website pictures of things/goals you want for yourself. Knowing what you want can help you begin the process by knowing where you want to end up. You can make a physical vision board with paper, print-outs, and glue, or you can create a digital vision board through free sites like Canva (https://www.canva.com/); here is a template to get you started: https://bit.ly/3n17XFy

Step 2: Gather the Essential Information.

In this step, you know a little more about yourself, so it is time to learn more about your educational and career prospects.

- Focus 2: https://www.focus2career.com/Portal/Login.cfm?SID=626 Dig deeper into your results, and find your Holland Code (a combination of the following: RIASEC- Realistic, Investigative, Artistic, Social, Enterprising, and Conventional). Your Holland Code complies your personality traits into a code that uniquely identifies what career paths may be a good fit for you. As you look at your Holland Code, you can search for careers listed based on your results.

- O*Net: https://www.onetonline.org/ You can find occupations by bright outlook status, career cluster, industry, job family, job zone, or STEM. You can also conduct an advanced search by abilities, interest, knowledge, skills, work activities, work context, work styles, or work values. You can even search by your Holland Code results from the Focus 2 assessment, by searching interests!

-What Can I Do With My Degree: https://uscupstate.libguides.com/Majors_Careers Discover what you can do with your major, using our Library Guide; which is full of useful information and resources to help you on your major exploration journey!

-Academic Catalog: https://www.uscupstate.edu/academics/academic-catalog/ Browse the Student Worksheets in the Academic Catalog to see the courses required for majors you may find interesting, and look at the Course Descriptions to learn more about the topics covered in that field of study.

-Career One Stop: https://www.careeronestop.org/Videos/CareerVideos/career-videos.aspx Watch videos of real professionals talk about what their job is like in the 16 Career Clusters; every possible career fits into one of the 16 Career Clusters.

-South Carolina Department of Education: https://ed.sc.gov/instruction/career-and-technical-education/career-guidance/career-cluster-guides/ There are links to guides on each of the 16 Career Clusters for more information about careers in these fields.

Step 3: Narrow-Down Your Search.

-Cross Off Your No List: Go through our list of majors (https://www.uscupstate.edu/academics/majors-programs/) and start by crossing out the majors you know you would not enjoy.

-Conduct Informational Interviews: Asking professionals and faculty members who have experience in the fields you are considering is a great method of gaining a deeper understanding of what a career is really like in the world of work.

-Meet with an Academic Advisor: Meet with the Career Coach Advisor, Amber Puckette (apucket1@uscupstate.edu) or with the Academic Advisor for the major(s) you are considering to learn more about those majors.

-Compare Your Choices: How do the majors you are considering fit your interests, values, and abilities? What is the job outlook for these fields? How long will it take you to graduate? What are the admissions requirements (some majors have admissions requirements, also some careers may require graduate school, which has other

-Pros and Cons List: Make a Pros and Cons list, ranking items on your list by importance. Focus on things that are important to you, both positively and negatively.

Step 4: Try it Out!

-Take an Introductory Course: Many majors have an introductory 101 course, or something related that you can take without being in that major officially. If it is possible, take advantage of the opportunity to try it, especially if it can count toward your general education requirements.

-Get Involved: Attend campus events, and join clubs/organizations around campus that relate to your possible career interests. Check out Student Involvement's webpage (https://www.uscupstate.edu/campus-life/office-of-student-involvement/) for more information on the over 70 student organizations on campus!

-Volunteer: Volunteering can be a great way to see what a career in a certain field would be like without committing long term.

-Job Shadow: Virtually or in-person, you can ask to shadow someone who works in the fields you are interested in to get first-hand experience.

-Internship: You can pursue internship opportunities in fields that you find interesting to get a taste of what working in that career would really be like. Career Management can help with internship information (https://www.uscupstate.edu/academics/university-college/career-management/internships/). You can also often get a job in a related field, for example, working at the Boys and Girls Club if you think you may want to work with children.

-Research with Faculty: Many of our programs of study have faculty who are participating in research, and are more than happy to let you join them if you are interested in their field of study. Conducting research gives you a new perspective on a major that you may be considering.

-Social Media: Many departments around campus have a social media presence; follow the programs that you are interested in for updates and opportunities to explore that major further.

Step 5: Decision Time!

-Meet with Your Advisor: Discuss your options with your advisor, along with all the research and discoveries you have made through the major exploration process.

-Once you are certain about your choice, fill out the Change of Major Form here: https://www.uscupstate.edu/current-students/registration-records/forms/ You will be prompted to log-in, using your USC Upstate email credentials. You may need to update your password and try again in 24 hours (https://www.uscupstate.edu/campus-services/information-technology/service-directory/password-reset/).