Choosing a major can be one of the most difficult and important decisions you will make as a college student. It is important not to rush into a premature decision about your major and career interests. Follow the path below to give yourself the knowledge and time to make an informed decision.

**Assess Yourself**

**ASSESSMENT**
Take stock of who you are, what you do well, what you want to do in your career, and what you value in life. Meet with a career counselor to discuss career assessments offered in the Career Center and which ones might benefit you.

**PERSONALITY**
Thinking about your preferred way of doing things can help you better understand your personality. Complete the FOCUS 2 career planning tool's personality survey to learn about your personality and the types of careers and majors to which people who are similar to you are often attracted.

**VALUES**
Choosing a major and career that align with the principles and beliefs you find important can lead to greater satisfaction with your choice. Think about the things that matter most to you in life.

**INTERESTS**
Discover your career interests by considering the things you enjoy doing or that appeal to you. Complete the FOCUS 2's interest inventory to discover careers & majors that match your interests.

**SKILLS**
Your areas of strength are an important piece of self-assessment. Identify the skills you possess and the subject areas that are easier for you to master.

**LEARN MORE**
Take the information gathered through self-assessment and begin researching the careers and majors that match with your personality, interests, skills and/or values. Learning more about careers and majors can help you make a more informed decision.

**MAJORS**
Use the AU Bulletin and department websites to view the curricula for each of the majors you are considering. Pay special attention to any GPA and internship requirements for each program.

**CAREERS**
Visit O*Net & Occupational Outlook Handbook to learn about careers of interest to you. Watch professionals talk about their careers on the video informational interview site, CandidCareer.

**JOBSHADOWING**
Observe professionals in the fields & industries that interest you to see what a typical day is like. Ask these professionals what they like most and least about their jobs and how they got started in the field.

**EXPERIENCE**
Try out fields & industries that interest you by pursuing part-time jobs, internships, co-ops or volunteer experiences. These are great opportunities to test the waters and develop career related skills.

**Make a Decision**

**GOALS**
Establish goals for your academic success and ways to gain experience while in school to be competitive in the job search or grad school application process.

**ACADEMICS**
Enroll in an introductory or orientation class for the major that you plan to enter. These classes offer an overview of the program and can increase confidence in your major decision.

**EVALUATION**
Evaluate the information gained from both self-assessment and research of majors and careers and narrow down your list of options. Meet with a career counselor for help with this process.

**Evaluate Information**

**Resource Index**

Self-Assessment
FOCUS 2 Career Planning Tool | www.auburn.edu/career/assessments

Research
AU Bulletin | bulletin.auburn.edu
O*Net | www.onetonline.org
Occupational Outlook Handbook | www.bls.gov/ooh
Candid Career | www.auburn.edu/career/choose

Evaluate
Schedule an appointment | Call 334.844.4744

Decision Making
Career Center events | www.auburn.edu/career/events