

## HELPING YOURSELF TO A 'MAJOR' DECISION

Making decisions can often times be stressful, especially when you are considering choosing your major. The best decisions are made when you have full information, you support your decision-making process and you use the resources on campus. Following is list of "things to consider" while making your decision.

	<i>"I have no idea what I want to major in..."</i>	<i>" I like these (several) subject areas..."</i>	<i>"I can't decide between Major A and Major B..."</i>
<b>What information should you gather?</b>	*Concentrate on understanding core and general graduation requirements	*Concentrate on core that may be prerequisite for programs of interest	*Carefully review the catalog requirements for interest areas
	*Enroll in coursework compatible with past success and interest, plus one or two introductory courses in unexplored areas	*Determine skill areas and values common to areas of study (e.g. writing, data analysis, "people", etc.); choose compatible courses	*Choose requirements most compatible with the more structured program
<b>How should you support yourself?</b>	*Remember that BSU graduation requirements support a period of exploration	*Reinforce your already developed decision-making skills	*Consider declaring your major, knowing that later you can change your mind
	*Trust your own informal self-assessment (thoughts/feelings)	*Talk with others about your interests -get feedback from those you trust	*Review the information you have gathered; consider your "personal fit" with your chosen area
<b>Where should you go for help?</b>	*Career Center (Discover)		*Academic Departments - for specific career information
	*Student Activities (SU) - for information about clubs/organizations	*Academic Departments - for information about programs and careers	*Career Center (job search and employment information)
	*Talk to other students	*Academic Departments - to find out about extra-curricular experiences that reinforce your interests	*Academic Departments - to find out about extra-curricular experiences that that reinforce your decision