

Major Exploration Guide

This guide will provide you with steps and resources toward identifying a major that is a good fit for you. As you progress through the L&S Major Exploration/Undeclared Canvas modules, you will be asked to enter information on this guide.

Name	Student ID Number	Current Declared Major
_____	_____	_____

Other majors or subjects you are interested in:

Step 1: Educational Planning

Majors Card Sort (10 minutes to complete): tinyurl.com/2b2yetjc

Complete the Majors Card Sort. List five of your top results of majors you may enjoy:

Top 5	Majors You May Really Enjoy
1	
2	
3	
4	
5	

Degree Explorer: tinyurl.com/7a8zunt9

Use Degree Explorer to search for UC Davis undergraduate majors that align with your focus, interest & career. Did you identify additional majors of interest? List them here:

1	
2	
3	
4	
5	

Choose Classes with a Purpose

Now that you have identified some majors of interest, consider taking lower division classes to introduce you to the majors. Check the General Catalog for course descriptions of the Preparatory Subject Matter and requirements. Most of these classes will also satisfy General Education (GE) requirements. List your classes of interest here:

	Dept.	Course #	Course Title	GE Attributes
1				
2				
3				
4				
5				

Step 2: Self-Assessment

Natural Talents: tinyurl.com/mus3e3ue

Complete the Natural Talents exercise and list five of your natural talents. Here is a list from the National Association of College and Employers of transferable skills they are seeking from recent college graduates: [Resume Attributes](#). Review this list and highlight any of your natural talents that are on this list.

1	
2	
3	
4	
5	

Interest Profiler RIASEC: tinyurl.com/3bj5dbup

Complete the O*Net Interest Profiler (approx. 15 minutes). What are your top 3 interest categories and related occupations? (Realistic, Investigative, Artistic, Social, Enterprising, or Conventional)

1	
2	
3	

16 Personalities (Myers-Briggs Type Indicator): 16personalities.com

Complete “16 Personalities” free assessment. List your top natural preferences in the 4 areas of personality to discover your four letter personality type. Next, look up corresponding majors and career paths by clicking on your four letter type: tinyurl.com/ekzap3rp

Natural Preferences	Results	Which majors and careers interest you?
Extraversion (E) or Introversion (I)		
Sensing (S) or Intuition (N)		
Thinking (T) or Feeling (F)		
Judging (J) or Perceiving (P)		

Personal Values: tinyurl.com/3ymh87hh

Our values are the stars that guide our personal decisions. Complete this activity to identify five of your core personal values and list them here:

1	
2	
3	
4	
5	

Self-Assessment Reflection: Consider your natural talents, RIASEC interests, MBTI type, and values. What common themes are you noticing from these self-assessments?

Refer to “[Self-Assessment and UCD Majors.](#)” Which majors of interest correspond with your identified talents, interests, personality, and values?

Step 3: Career Planning

Transferable Skills: tinyurl.com/5fnwph6f

Complete the Transferable Skills Inventory. What are 5 of your top skills that you identified?

1	
2	
3	
4	
5	

What Can I Do With My Major? tinyurl.com/3yedvnj3

Which majors are you currently considering? Check out this site if you are unsure what jobs relate to those majors. Hint: Check the major descriptions in the [Catalog](#) for additional information about career alternatives. List careers that sounds interesting here:

Work Values: tinyurl.com/5n8wpckh

Complete the Work Values Inventory Exercise: What are your top 3 identified work values?

1	
2	
3	

Step 4: Decision Making

Barriers to Decision Making: tinyurl.com/4af7hmht

Complete this activity to identify, examine and overcome your barriers to decision making. What's one action step you plan to take toward overcoming these barriers?

Step 5: Take Action

Reflect on your results from Steps 1-4. At this time, which majors would you like to explore further?

What's one action step you plan to take to find out more?

Are You Ready to Declare Your Major?

Go to: [OASIS / Forms & Petitions / Submit a New Form / Change of Major](#)

1. Meet with a Major Advisor (or peer advisor) to create an Academic Plan in [OASIS](#).
2. Complete any required preparatory coursework to declare a major. Review the "[Change of Major](#)" petition in OASIS for any major-specific requirements or notes to declare the major.
3. If you are currently undeclared, you are required to declare a major by the end of your 5th quarter and prior to completing 90 units total at UC Davis.
Note: 90 units does not include units completed in high school (AP, IB, or community college units).

You are welcome to schedule an appointment with a College of Letters and Science academic advisor to discuss your results: appointments.ucdavis.edu/?calendar=1

You may also schedule an appointment with a Career Advisor at the Internship and Career Center: icc.ucdavis.edu/services/advising