

MAJOR EXPLORATION CHECKLIST

Self Exploration

- Consider your Values, Interests, Strengths, Goals, and Personality.
- Think about the academic subjects you have enjoyed in your school career.
- Discuss options with Family & Friends who know you well.
- Complete a Personality Inventory to get a better sense of yourself.
 - e.g. MBTI, Strengths Finder, Kelsey Temperment Sorter
- Complete the Focus 2 assessment to see how your personality fits with different careers.
 - available on the Career Services website

Academic Exploration

- Take a variety of Core and Introductory courses to gauge your interests.
- Discuss career and major options with Faculty in areas of interest.
- Review the list of available majors in the University Catalog.
 - Review courses in majors of interest to see which classes sound most exciting.
 - <http://catalog.bridgew.edu>
- Review major requirements and graduation timelines with an Academic Advisor.

Career Exploration

- Meet with a Career Counselor to discuss your career interests & options.
- Review Career Exploration resources on the Career Services website
 - <https://my.bridgew.edu/departments/CareerServices>
- Use online resources to get more information about specific career options
 - e.g. What Can I Do With This Major?, O*Net, Occupational Outlook, etc.
- Gain experience with internships, informational interviews, and volunteer work.

Paperwork

- Use the Program of Study Declaration form, available on the Registrar's website.
 - <https://my.bridgew.edu/departments/Registrar>
- Get the form signed by the Department Chair of your new major.
- Visit the AAC for help if you have questions!

MAJOR EXPLORATION

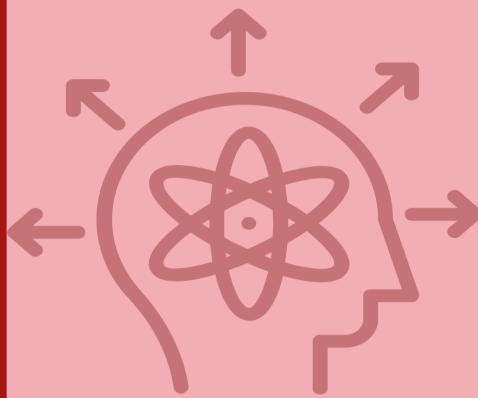
ACADEMIC EXPLORATION

**Core/Intro
Classes
Academic
Advising
University
Catalog**



SELF EXPLORATION

**Values
Interests
Strengths
Goals
Personality**



CAREER EXPLORATION

**Career
Services
Focus 2
Internships
Online
Tools**



RESOURCES

my.bridgew.edu/departments/AAC

www.bridgew.edu/majors-minors-undergraduate

my.bridgew.edu/departments/CareerServices

What Can
I Do With
This Major?

Focus
2

**Academic Achievement Center
Maxwell Library, Rm 001
Career Services
RCC, Rm 104**

