

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.

Step 1: Educational Planning

Majors Card Sort ocpweb.ucdavis.edu/majorcardsort/

Complete the Majors Card Sort (approx. 10 minutes). List five of your top “**Majors you may really enjoy**”:

1	
2	
3	
4	
5	

Degree Explorer catalog.ucdavis.edu/degree-explorer/

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:

	<i>Dept.</i>	<i>Course #</i>	<i>Course Title</i>	<i>GE Attributes</i>
1				
2				
3				
4				
5				

Step 2: Self-Assessment

Natural Talents <https://ucdavis.box.com/s/y1prki30x7dsu3zco3wtfrw1nszmtul7>

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	

Strong Interest Inventory mynextmove.org/explore/ip

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

1	
2	
3	

Myers-Briggs Type Indicator bsu.edu/about/administrativeoffices/careercenter/tools-resources/personality-types

Take the free assessment. What was your result?

Indicate your corresponding 4 personality types:

			My Type
Extraversion (E)	or	Introversion (I)	
Sensing (S)	or	Intuition (N)	
Thinking (T)	or	Feeling (F)	
Judging (J)	or	Perceiving (P)	

Look at the corresponding information about your personality type on the *16 Personalities website*. Which majors and careers appeal to you?

Personal Values https://opportunity.ucdavis.edu/sites/g/files/dgvnsk2741/files/inline-files/values-based-decision-making_1.pdf

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:

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?

1	
2	
3	

Step 3: Career Planning

Transferable Skills icc.ucdavis.edu/sites/g/files/dgvnsk2236/files/local_resources/handouts/transferable-skills-inventory.pdf

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? <https://icc.ucdavis.edu/research/what-can-i-do>

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 jobs/careers that sounds interesting here:

Work Values <https://ucdavis.box.com/s/hxiv61lw08qxz7jddsc52112ffyby2c>

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 ucdavis.app.box.com/file/962628964322?s=944lkms85bpesu4gd5roxfkhde2xim85

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?

See [OASIS](#) -> Forms & Petitions -> Submit a New Form -> Change of Major.

1. **Meet with a Major Advisor** to Create a Plan.
2. **Complete any required preparatory coursework** (check Change of Major petition for any major-specific notes.)
3. **Declare by the end of your 5th quarter** and prior to completing 90 units.

Schedule an advising appointment to discuss your results. <https://appointments.ucdavis.edu/?calendar=1>

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