



Major Exploration Exercise

Whether you're totally undecided, confidently declared or somewhere in-between, it's best to explore your options before fully committing to a major. Studies show that students who take the time to explore are more likely to choose a major that aligns with their interests and have higher graduation rates.

NOW is the time to explore since it's early enough for you take a little bit of time with little to no impact on your graduation timeline.

When exploring majors, it's often easier to first identify the subjects you DON'T want to study. This activity gives you the opportunity to eliminate majors in which you have no interest, allowing you to then focus only on programs that are real possibilities.

Follow the instructions below.

ELIMINATION PHASE 1: On the next page **ERASE ANY MAJOR** in which you are confident you have no interest. You can erase majors by opening the pdf in Adobe, clicking on "edit pdf" and deleting the majors that do not interest you. When you are done, be sure to save the edited version of the pdf.

Ground Rules:

1. If you don't know what something is, leave it for now. If you don't know what a particular major is, you don't know that you don't want it. You will have the opportunity to learn about these majors in Elimination Phase 2.
2. Don't worry about career opportunities...yet. Only think about these majors in terms of what you would be interested in studying. Do not focus on job opportunities at this point in the exercise, as this will be discussed at a later time. For example, DO NOT eliminate English if you are interested in the material but are worried about job opportunities.
3. Distinguish between a potential major(s) and interests/hobbies. Not all interests have to be potential majors. Try to differentiate between what is a hobby/interest and what you ACTUALLY want to study! Maybe you enjoy working with computers, but would you actually want to study computer science and immerse yourself in the classes that come with it (calculus, physics, chemistry, etc)? Should this be a MAJOR or remain an interest/hobby/passion?

MAJOR AREAS AT SOUTHERN CONNECTICUT STATE UNIVERSITY

Arts & Humanities				
Art History	Communication	English	History	Media Studies
Music	Philosophy	Studio Art	World Languages and Literature	

Behavioral & Social Sciences				
Anthropology	Journalism	Political Science	Psychology	Sociology

Business				
Accounting	Business Economics	Finance	International Business	Management
Management Information Systems	Marketing	Public Utilities Management		

Education				
Art Education	Early Childhood Education	Elementary Education	Information and Library Science	Physical Education (PK-12)
Secondary Education (7-12) Biology	Secondary Education (7-12) Chemistry	Secondary Education (7-12) Earth Science	Secondary Education (7-12) English	Secondary Education (7-12) French
Secondary Education (7-12) History and Social Studies	Secondary Education (7-12) Italian	Secondary Education (7-12) Mathematics	Secondary Education (7-12) Physics	Secondary Education (7-12) Political Science
Secondary Education (7-12) Sociology	Secondary Education (7-12) Spanish	Special Education (K-12)		

Health and Human Services				
Athletic Training	Communication Disorders	Exercise Science (Human Performance)	Health Science	Health Care Studies
Nursing	Public Health	Social Work	Recreation and Leisure Studies	Sports Management

STEM				
Biology	Biotechnology	Chemistry	Computer Science	Data Science
Earth Science	Environmental Systems and Sustainability: Concentration Environmental Systems	Environmental Systems and Sustainability: Concentration Coastal Marine Systems	Geography	Geography: Concentration in Geographic Information Science and Technology
Physics	Mathematics			

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Interdisciplinary Studies
This is a program that will allow you to combine certain majors

ELIMINATION PHASE 2 Research each of the majors remaining on your list (the majors you DID NOT eliminate). You can do this by visiting the SCSU webpage for each program. For example, if history is one of your remaining majors, visit the SCSU History Department's webpage and do some quick reading. As you do this, you should be able to eliminate more majors from your list. When you have completed this, list your top three major possibilities below:

1. _____
2. _____
3. _____