

Exploring Your Options at Mizzou

If you are like many students here at Mizzou, the idea of choosing a major that will, in part, shape the course of your future may be overwhelming.

- ◆ 75% of students change their major at least once while in college
- ◆ 66% of students change their major from their initial choice
- ◆ 50% of students go into a career directly related to their major

You should feel comfortable taking the first few semesters of your college career to explore the numerous fields of study MU has to offer and the ever-growing assortment of careers the world of work has to offer.

In general, the process of choosing a major or career involves :

- ◆ Identifying your interests, strengths, and values
- ◆ learning about major and career options
- ◆ gaining major or career-related experience

The following list of suggested activities and resources is intended to help you navigate this process.



ADJUSTING TO LIFE AT MU

- Develop time management skills to balance academics, extra-curricular, social activities, and other responsibilities. Visit the Wellness Resource Center, Learning Center or talk to Residence Hall staff.
- Take advantage of services offered at the Learning Center, such as reading and study skills support, writing and proofreading assistance, and tutoring sessions in select subjects. The key is to take advantage of these services **before** getting behind!
- Considering enrolling in SSC 1150: College Success Seminar, to develop time management, study skills, and learn about resources at MU.
- Learn to set and attain realistic academic and non-academic goals. Visit the Wellness Resource Center or your Academic Advisor.
- Build relationships with other MU students, faculty, and staff at MU.
- Plan to meet with each instructor and academic advisor within the first month of class and again prior to midterms.
- Work to earn good grades from the beginning; the major or career you eventually decide to pursue may have competitive admission requirements.
- Seek assistance to help with adjustment to college life (classes, roommate, time management, homesickness, etc.). Talk to Residence Hall staff or the Counseling Center.
- Don't be afraid to ask questions or ask for help!

IDENTIFY YOUR SKILLS AND INTERESTS

- Identify your interests, abilities, and values. Complete an assessment at the MU Career Center, such as the Missouri Occupational Card Sort, the Self-Directed Search, or StrengthsQuest.
- Think about and write down activities that you enjoy, activities that you excel in, and values that are important to you.
- Consider life goals that may influence your major or career choice.

What activities interest you?

In what activities do you excel?

What is your dream job?

EXPLORE MU MAJORS

- Research different majors that are compatible with your interests, abilities, and values. Gather information from faculty, advisors, the MU Career Center, and the Undergraduate Catalog.
- Consider enrolling in SSC 2100: Career Explorations, which will guide you through the career planning process.
- Take a wide variety of courses of interest; be open to new academic experiences.
- Meet with an academic advisor at Academic Exploration & Advising Services to learn about various MU majors. Call 573-884-9700 to schedule an appointment.

What majors have you considered?

What classes do you enjoy?

INVESTIGATE OCCUPATIONS

- Learn about careers that fit your interests, abilities, and values by visiting the MU Career Center.
- Talk with friends, family, instructors, advisors, etc. about careers you'd like to explore.
- Identify what education, experience, and skills are necessary for various careers of interest.
- Shadow professionals and conduct informational interviews with people working in your fields of interest.

What activities are you interested in?

What activities do you excel in?

GAIN EXPERIENCE

- Look into involvement opportunities that will allow you to use the skills you're learning in the classroom.
- Seek out opportunities to help you develop important career-related skills.
- Join an MU student organization or participate in a volunteer activity.
- Gain experience relevant to your major or prospective career. Consider summer jobs, internships, volunteer work, or job shadowing.
- Check out service and volunteer opportunities at <https://muserves.missouri.edu/>.
- Look into undergraduate research opportunities at <http://undergradresearch.missouri.edu/>.
- Explore study abroad opportunities for next year. Go to the Study Abroad Office in N52 Memorial Union to learn about different options.
- Join professional or student organizations for your major or prospective career. For campus organization information, go to <http://getinvolved.missouri.edu/>.

DECLARE YOUR MAJOR

- When you feel confident that a major you are exploring is compatible with your interests, abilities, and values, you should begin the process of declaring that major.
- First, meet with an academic advisor in your chosen major. To find contact information for your new school or college, go to <http://advising.missouri.edu/contact/>.
- The academic advisor will determine if you are admissible to the major and explain the process of declaring the major you have chosen.
- Keep in mind that some majors may have an admission process that involves specific requirements and an application for which there may be a deadline.
- It is important to officially change your major as soon as possible after you have chosen one so that you can be assigned to a new academic advisor and begin receiving important communications.
- Your academic advisor can help you develop a plan to complete any requirements that must be fulfilled for graduation. In fact, some colleges and schools may require you to file some type of official graduation or degree plan after you have been admitted to the major.