



Deciding on a Major



Is “What’s your major?” a question you’re beginning to dread? Do you feel under pressure to choose a major? Are well-meaning family and friends planning your life for you? Do all of your friends seem to know what the next four years hold for them? Do you feel as if you’re the only one without a clue about what you want in life? Have you selected a major just to get people off your back? If you’re still unsure, you’re not alone.

‘I don’t know’ is okay

You don’t need to choose your major right away. It’s okay to say that you don’t know yet what major you want to concentrate on. It’s more important that you concentrate on being a student and do well in your general education classes.

Most students need two years of general education requirements. During that time, you can explore your career options.

University of Jamestown can help

Students in the midst of choosing a major experience a number of emotions. Some fear disappointing the important people in their lives; some experience anxiety at not knowing what they want to do with their lives. Fearing failure, some may avoid making a decision altogether, rather than making the wrong choice. Not knowing what’s ahead can be scary, but taking an active role in your own career planning can turn the unknown into a positive time of self-discovery and growth. Even after you’ve decided, it’s okay to change your mind. The most recent Bureau of Labor statistics show that some people change jobs 5-11 times during

their working years. Some workers not only change jobs, but may also change occupations, so the career choice you make now is not likely to last forever. Applying the career development skills you obtain from using the Career Center services and resources will help you create a sound career plan now and in the future.

Where to start

Some students plan a career by selecting a major and then choosing an occupational goal. This strategy relieves anxiety about not having a major, but can leave you stranded if your career goals change and lead to new anxiety about your future after college. Choosing an occupational goal and then choosing a major is a more involved process, but it gives you a clearer sense of where you are headed and affords you flexibility to revise your goals as you progress.

You can plan courses and related work experiences that will help you be competitive in your field, which, in turn, will help you face the future with confidence.

FOR MANY POSITIONS,
COMPANIES ARE IN SEARCH
OF CANDIDATES WITH
GOOD WRITTEN AND ORAL
COMMUNICATION SKILLS,
A FOUR-YEAR B.A. OR B.S.
DEGREE, AND ALMOST ANY
LIBERAL ARTS MAJOR.

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Services Offered

The University of Jamestown's Career Center assists you from the decision-making point through job acceptance. The Center will help you in many areas of planning, including:

- Focus 2: An online career assessment and occupational exploration tool
- internship and job search assistance
- resume and interview preparation
- occupational and employer file searches for background information
- geographic research if relocating or job hunting in other areas of the country
- resource materials available to learn more about and plan for graduate school

Career Exploration

Occupational resources are available to help you learn about the nature of different careers, the training they require, job outlook, earning potential, and other valuable information.

A personal assessment of you and your goals coupled with occupational, employer, and geographic research, can provide valuable information that will help you make a wise occupational choice and set realistic career goals.

FOCUS 2, an online assessment and planning instrument provided by the Career Center, combines self assessment, career and major exploration, decision making and action planning in one comprehensive product. Your assessment results are matched to career options and majors/programs offered at the University of Jamestown. FOCUS 2 guides you through a reliable career and education decision making model to help you select your major(s), make informed career decisions and take action. FOCUS 2 will help you explore career options, take responsibility for your education and career planning, and help you engage in activities that will support your career development. You can also research and explore over 1,200 different careers within FOCUS 2.

At the Career Center, you can research material on prospective employers to learn about their companies, the products and services they provide, types of positions available, and the skills, qualities, attributes, and educational back-

grounds they prefer in their employees.

On-campus career fairs and interviews give students the chance to meet many employers. Internships, job shadowing experiences, and summer job opportunities are all available from resources provided at the Career Center.

Career Insider, powered by Vault, is a comprehensive source of career information provided for free to current UJ students by the Career Center. Deciding students can use it to research employers, industries, and career subjects.

Review the profiles of more than 1,000 employers, explore 100 industries and professions, and gain career and job hunting knowledge from 1,100+ articles and videos.

Career Services participates in Journey 101, topics include:

- career search
- resume building
- study abroad
- experiential education

Employers Say

Leading employers can hire candidates from any college or university. Many look for University of Jamestown graduates because they are very well-prepared to meet today's career challenges. A quality education matters to employers. A solid education, outstanding work habits, and strong teamwork skills are just a few hallmarks employers notice in University of Jamestown graduates. Generally, employers say they want graduates who have:

- achieved a well-rounded education
- participated in extracurricular activities which help develop team and leadership skills
- worked in a co-op or internship position as part of the educational process
- maintained academic progress

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Outside Opportunities

Part of the University of Jamestown's philosophy of producing well-rounded graduates involves offering internships in a multitude of areas. The University, through its outstanding students, has developed a reputation for the quality and quantity of internship experiences. Internship opportunities that assist students in making career decisions are now available on-campus, regionally, nationally, and internationally to all majors.

Teams of student consultants work with small businesses, non-profit organizations, and individuals to provide assistance and to apply the knowledge gained from coursework to a problem or concern, and to practice research skills. Students have the opportunity to apply classroom knowledge while learning to work effectively together to deal with conflicts and problem-solve to reach their team goals, assume responsibility for a real project, and feel great pride in seeing the impact of their contribution to the project.

Career Center Staff

Heidi H Larson, MBA
Career Center Director

Lexie Lueck, Career Center
Assistant

The center's staff assists students in matching their skills with a profession. The Career Center encourages students to explore a wide range of majors early in their college years to find the right fit.