

# Deciding Your Major: A Worksheet to Get You Started

Did you know that many incoming WSU students are still deciding on their majors? In fact, for those coming in with declared majors, the majority will change their majors at least once. **You are not alone!!** This worksheet can help you in your journey to select a major well suited to you.

## Start by understanding YOU!

- What are some things you **value**? What are your **strengths**? What are your **interests**?
- In what classes are you doing well or have done well in the past (include high school)?
- What are some of the things your friends say you're good at or like about you?
- If you could picture yourself doing something you would enjoy, what does that look like?
- What is your dream job? (Think big!)

### Work Values

- Achievement
- Independence
- Recognition
- Relationships
- Support and supervision
- Working conditions
- Financial reward
- Helping others
- Others?

### Strengths

- Good listener, speaker, writer
- Complex problem solver
- Social skills (negotiation, persuasion, instructing)
- Decision maker
- Technical skills (computers, technology, operations analysis)
- Others?

### Interests

- Hands-on, outdoors, practical
- Working with ideas and figuring things out
- Self-expression, creativity
- Helping, teaching, service
- Running a business, leading or managing people
- Following procedures and details
- Others?



## Next Steps

- Based on your values, strengths and interests, go through the list on the back of this worksheet and cross off majors that you know are simply “not for you”.
- Use the Online Course Catalog (<http://catalog.winona.edu/>) to learn more about the programs. Reading descriptions of courses required in certain majors is a great way to narrow your list!
- Next, check the majors that interest you most and start your own “top ten” list. Do you see a theme developing in your top major choices, or in the majors you crossed out?
- To declare a major or change majors, pick up a Declaration of Major form at the Warrior Hub (Maxwell 222) and take it to the department for that major to have an advisor assigned.

# WSU Majors

## Bachelor of Arts

\_\_\_ Art: Graphic Design or Studio Art  
\_\_\_ Communication Studies  
\_\_\_ Economics  
\_\_\_ English  
\_\_\_ Geoscience  
\_\_\_ Global Studies  
\_\_\_ History  
\_\_\_ Law and Society

\_\_\_ Mass Communication: Advertising, Journalism,  
Public Relations, or Transmedia  
\_\_\_ Music  
\_\_\_ Political Science  
\_\_\_ Psychology  
\_\_\_ Sociology  
\_\_\_ Spanish  
\_\_\_ Theatre

## Bachelor of Science

\_\_\_ Accounting  
\_\_\_ Athletic Training  
\_\_\_ Biology: Allied Health, Cell & Molecular,  
Ecology, Environmental Science  
\_\_\_ Biochemistry  
\_\_\_ Business Administration  
\_\_\_ Chemistry  
\_\_\_ Clinical Laboratory Science  
\_\_\_ Composite Materials Engineering  
\_\_\_ Computer Science  
\_\_\_ Criminal Justice: Corrections or Law  
Enforcement  
\_\_\_ Exercise/Rehabilitation Science:  
Clinical Exercise Science, Exercise Science,  
or Movement Science

\_\_\_ Finance  
\_\_\_ Geoscience: Environmental Science or  
Geology  
\_\_\_ Health Promotion: Community Health or  
School Health  
\_\_\_ Mathematics, Statistics, or Data Science  
\_\_\_ Nursing  
\_\_\_ Paralegal/Legal Studies  
\_\_\_ Physics  
\_\_\_ Public Administration  
\_\_\_ Recreation and Tourism or Therapeutic  
Recreation  
\_\_\_ Social Work  
\_\_\_ Teaching: Elementary, Middle School, High  
School, Early Childhood and/or Special Ed

## Resources to Continue Your Journey to Decide Your Major

- Visit with a Warrior Success Center advisor (Maxwell 314, 507.457.5878) to try a self-assessment (Focus2, MBTI, StrengthsQuest, or Strong Interest Inventory)
- Participate in student organizations, attend on-campus events, and volunteer in the community
- See how majors connect to careers: [www.winona.edu/major/explore-careers.asp](http://www.winona.edu/major/explore-careers.asp)
- Go to O\*NET ([www.onetonline.org](http://www.onetonline.org)) or the Occupational Outlook Handbook (<http://www.bls.gov/ooh/>) to research occupations
- Job shadow or conduct an informational interview with someone in your field of interest