

# LSU OLINDE CAREER CENTER



## Choosing Your Major Resource Guide

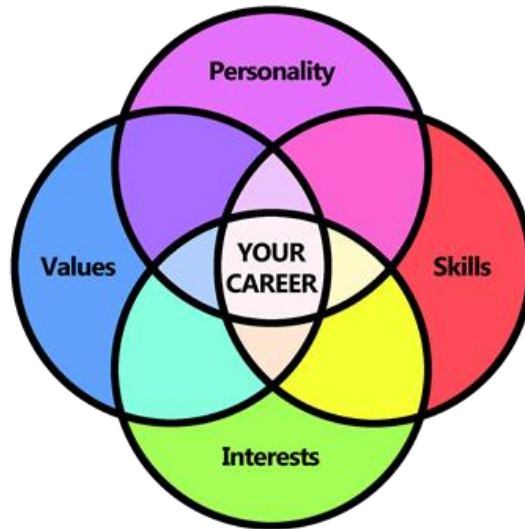
## Choosing Your Major Resource Guide



### What's Inside

- Career Decision Making Process
- Holland's Theory
- Career & Major Possibilities
- Skills & Values Worksheet
- Tips for Choosing a Major
- LSU Majors Checklist
- Career Resources
- Next Steps

## Career Decision Making Process



(Images taken from Brigham Young University)

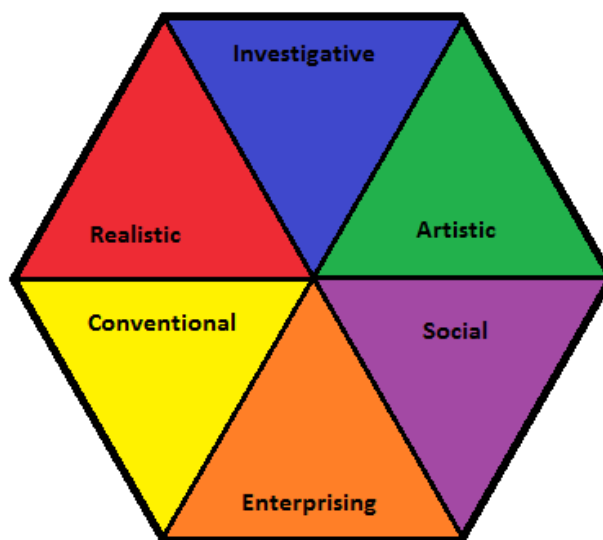
### Getting Started

The career decision-making process occurs over your lifespan. Your interests, skills, values and personality should be considered to help you find majors and careers for which you are well-suited.

Interests	<ul style="list-style-type: none"><li>• What do you like to do?</li></ul>
Skills	<ul style="list-style-type: none"><li>• What are you good at?</li></ul>
Values	<ul style="list-style-type: none"><li>• What is important to you?</li></ul>
Personality	<ul style="list-style-type: none"><li>• What are your natural preferences?</li></ul>

## Holland's Theory

Dr. John Holland believed that people can be categorized by six vocational personality types. Each person's interest in the work world can be described using some combination of these six types. Please see below for interests, potential skills and values associated with each type. Choose your top two or three areas that you identify with the most.



<p><b>REALISTIC – DOERS</b></p> <ul style="list-style-type: none"> <li>• Practical</li> <li>• Physical activity</li> <li>• Hands-on</li> <li>• Good with tools</li> </ul>	<p><b>INVESTIGATIVE – THINKERS</b></p> <ul style="list-style-type: none"> <li>• Enjoy science or math</li> <li>• Research</li> <li>• Reserved</li> <li>• Analyze data</li> </ul>
<p><b>ARTISTIC – CREATORS</b></p> <ul style="list-style-type: none"> <li>• Creative</li> <li>• Original</li> <li>• Expressive</li> <li>• Writing</li> </ul>	<p><b>SOCIAL – HELPERS</b></p> <ul style="list-style-type: none"> <li>• Helping others</li> <li>• Teamwork</li> <li>• Teaching</li> <li>• Counseling</li> </ul>
<p><b>ENTERPRISING – PERSUADERS</b></p> <ul style="list-style-type: none"> <li>• Leading</li> <li>• Business</li> <li>• Politics</li> <li>• Selling</li> </ul>	<p><b>CONVENTIONAL – ORGANIZERS</b></p> <ul style="list-style-type: none"> <li>• Accounting</li> <li>• Organization</li> <li>• Data management</li> <li>• Finance</li> </ul>

# Career & Major Possibilities

This page has sample majors/careers for each of the six areas. Please keep in mind that this is only a sample. There are many majors and career possibilities for each of the six types. Explore some of the majors/careers associated with your top two or three areas of interest.

### REALISTIC (R)

#### (R) Majors

Environmental Management Systems	Athletic Training
Plant & Soil Systems	Engineering
Construction Management	Natural Resource Ecology & Management

#### (R) Careers

Software Developer	Engineer
Computer Programmer	Management Analyst
Forester	Radiologic Technologist
Surveyor	Law Enforcement Officer
Emergency Medical Technician	Computer Systems Analyst
Horticulturist	Surgical Technician

### INVESTIGATIVE (I)

#### (I) Majors

Biological Sciences	Chemistry
Geography	Geology
Computer Science	Mathematics
Psychology	Animal, Dairy & Poultry Sciences
Microbiology	Physics

#### (I) Careers

Physician	Dentist
Veterinarian	Psychologist
Computer Scientist	Science Teacher
Respiratory Technician	Pharmacist
Optometrist	Medical Technologist

### ARTISTIC (A)

#### (A) Majors

Mass Communication	English
Foreign Languages	Theater
Music	Studio Art
Architecture	Interior Design

#### (A) Careers

Architect	Editor
Public Relations Director	Librarian
Graphic Designer	Broadcast Journalist
Medical Illustrator	Art Teacher
Advertising Account Manager	English Teacher



## Choosing Your Major Resource Guide

### SOCIAL (S)

#### (S) Majors

Nutrition & Food Sciences  
Religious Studies  
Communication Disorders  
Sociology

Human Resources Education  
Elementary Education  
Child & Family Studies  
Allied Health

#### (S) Careers

Dietitian  
Registered Nurse  
School Counselor  
Teacher  
Social Worker

Speech Pathologist  
Physical Therapist  
Human Resources Manager  
Training & Development Specialist  
Occupational Therapist

### ENTERPRISING (E)

#### (E) Majors

Management  
General Business  
History  
Agricultural Business

Marketing  
Political Science  
Textile, Apparel & Merchandising  
Communication Studies

#### (E) Careers

Marketing Manager  
Life Insurance Agent  
Sales Manager  
Lobbyist  
Top Executive

Buyer  
Realtor  
Optician  
Elected Public Official  
Entrepreneur

### CONVENTIONAL (C)

#### (C) Majors

Finance  
Economics  
Management

Accounting  
International Trade & Finance  
Information Systems & Decision Sciences

#### (C) Careers

Actuary  
Financial Analyst  
Health Information Specialist  
Budget Analyst

Accountant  
Auditor  
Paralegal  
Mathematics Teacher

## Skills & Values Worksheet

The first step to finding a satisfying major and/or career is to learn as much as you can about your skills, interests, values, and personality preferences. Once you have learned this information, you will be in a much better position to make an informed major/career decision.

The following pages contain skills and values worksheets. Completing these worksheets will help you learn more about your unique skills and values. Identify your top ten skills and values for later use.

### SKILLS IDENTIFICATION WORKSHEET

The following exercise is designed to help you identify skills you have acquired which may help you in your career selection. The skills are grouped into Holland's six vocational personality types, i.e. Realistic, Investigative, Artistic, Social, Enterprising, and Conventional.

Using the list on the following pages, rate your level of skill and enjoyment with each activity. Check the box that corresponds with your skill level.

Take note of the activities and responsibilities that are a normal part of your school/college life, hobbies, involvement in sports and family life. These types of activities offer the opportunity to develop many of the skills listed below.

## Choosing Your Major Resource Guide

Rate Your Skills	Good at and enjoy	Good at but do not enjoy	Want to develop	Not good at and do not like using	Unsure
<b>Realistic:</b>					
Assembling					
Repairing					
Using tools and machinery					
Using blueprints					
Manual dexterity					
Physical strength					
Athletic ability					
<b>Investigative:</b>					
Observing/examining					
Diagnosing					
Evaluating/analyzing					
Problem solving					
Doing research					
Data processing					
Using laboratory equipment					
<b>Artistic:</b>					
Drawing/painting					
Acting					
Playing music					
Decorating					
Writing creatively					



## Choosing Your Major Resource Guide

Rate Your Skills	Good at and enjoy	Good at but do not enjoy	Want to develop	Not good at and do not like using	Unsure
Shaping/molding					
Visualizing in 3D					
<b>Social:</b>					
Being of service					
Consulting/interviewing					
Counseling/advising					
Teaching					
Coaching					
<b>Enterprising:</b>					
Persuading					
Canvassing					
Campaigning					
Managing					
Planning					
Leading					
Organizing					
<b>Conventional:</b>					
Counting and sorting					
Calculating					
Keeping financial records					
Typing					
Giving attention to detail					
Preparing written reports					
Writing in shorthand					

## Choosing Your Major Resource Guide

### Values: Rating Satisfaction

Rate the degree of importance that you would assign to each of the following values for yourself, using the scale below:

VALUES	1	2	3	4
<b>1. Very important in my choice of career</b> <b>2. Reasonably important</b> <b>3. Not very important</b> <b>4. Not important at all</b>				
<b>Help Society:</b> Do something to contribute to the betterment of the world in which I live.				
<b>Help Others:</b> Be involved in helping other people in a direct way, either individually or in small groups.				
<b>Public Contact:</b> Have a lot of day-to-day contact with people.				
<b>Work with Others:</b> Have close working relationships with a group; work as a team toward common goals.				
<b>Affiliation:</b> Be recognized as a member of a particular organization.				
<b>Friendships:</b> Develop close personal relationships with people as a result of my work activities.				
<b>Make Decisions:</b> Have the power to decide courses of action, policies, etc.				
<b>Work Under Pressure:</b> Work in situations where time pressure is prevalent and/or the quality of my work is judged critically by supervisors.				
<b>Power and Authority:</b> Control the work activities or (partially) the destinies of other people.				
<b>Influence People:</b> Be in a position to change attitudes or opinions of other people.				
<b>Work Alone:</b> Do projects by myself, without any significant amount of contact with others.				
<b>Knowledge:</b> Engage myself in the pursuit of knowledge, truth and understanding.				

## Choosing Your Major Resource Guide

<b>VALUES</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>1. Very important in my choice of career</b> <b>2. Reasonably important</b> <b>3. Not very important</b> <b>4. Not important at all</b>				
<b>Intellectual Status:</b> Be regarded as a person of high intellectual powers or as one who is an acknowledged "expert" in a given field.				
<b>Artistic Creativity:</b> Engage in creative work in any of several art forms.				
<b>Creativity (general):</b> Create new ideas, programs, organizational structures or anything else not following a format previously developed by others.				
<b>Aesthetics:</b> Be involved in studying or appreciating the beauty of things, ideas, etc.				
<b>Supervision:</b> Have a career in which I am directly responsible for the work done by others.				
<b>Change and Variety:</b> Have work responsibilities which frequently change in their content and setting.				
<b>Precision Work:</b> Work in situations where there is very little tolerance for error.				
<b>Stability:</b> Have a work routine and job duties that are largely predictable and not likely to change over a long period of time.				
<b>Security:</b> Be assured of keeping my job and a reasonable financial reward.				
<b>Fast Pace:</b> Work in circumstances where there is a high pace of activity, work must be done rapidly.				
<b>Recognition:</b> Be recognized for the quality of my work in some visible or public way.				
<b>Excitement:</b> Experience a high degree of (or frequent) excitement in the course of my work.				
<b>Adventure:</b> Have work duties which involve frequent risk-taking.				
<b>Profit/Gain:</b> Have a strong likelihood of accumulating large amounts of money or other material gain.				

## Choosing Your Major Resource Guide

<b>VALUES</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>1. Very important in my choice of career</b> <b>2. Reasonably important</b> <b>3. Not very important</b> <b>4. Not important at all</b>				
<b>Independence:</b> Be able to determine the nature of my work without significant direction from others; not have to do what others tell me to.				
<b>Moral Fulfillment:</b> Feel that my work is contributing significantly to a set of moral standards which I feel are very important.				
<b>Location:</b> Find a place to live (town, geographical area) which is conducive to my lifestyle and affords me the opportunity to do the things I enjoy most.				
<b>Community:</b> Live in a town or city where I can get involved in community affairs.				
<b>Physical Challenge:</b> Have a job that makes physical demands which I would find rewarding.				
<b>Time Freedom:</b> Have work responsibilities which I can work at according to my own time schedule; no specific working hours required.				

Now choose the ten values which are most important to you and list them below. Each of these values will be relevant to the career exploration that you will do in later exercises. If you can think of any other work values that are not included in the list above and which are especially important to you, add them to the ten values you list below. (Example: Creativity, Independence, Recognition)

1. \_\_\_\_\_ 6. \_\_\_\_\_
2. \_\_\_\_\_ 7. \_\_\_\_\_
3. \_\_\_\_\_ 8. \_\_\_\_\_
4. \_\_\_\_\_ 9. \_\_\_\_\_
5. \_\_\_\_\_ 10. \_\_\_\_\_

## Tips for Choosing a Major

It is not uncommon for students to struggle with trying to select the right major. There are many factors that have to be considered. Choosing a major is not choosing a career. Some careers, such as engineering, require a specific undergraduate major but most do not. Your major should be a good fit based on your interests, skills and values.

Following are some questions that you should ask yourself about the major you are considering.

- Are you familiar with the courses that you will have to take for your major? Some students schedule classes for their major, but really don't know enough about what the coursework is like.
- What kind of careers are you interested in?
- Finally, what majors are available at LSU?

Additional tips that can help you with selecting a major:

**Choose a major that interests you.**

- You will do well and get more out of the major.
- If you have a genuine interest in your major, it is likely that you will make better grades.
- A high GPA will provide future opportunities such as graduate school admission and employment.

**Speak with the undergraduate faculty advisor.**

- Faculty advisors can provide information about coursework, the major itself and specific requirements associated with the major.
- They can also discuss the benefits students get from majoring in the subject area.

**Speak with students in the major.**

- Students in the major can tell you about their experience.
- They can share their career goals and give you an idea of what the course of study has been like.

**Utilize "What Can I Do with This Major?"**

- This resources can be found on the LSU Olinde Career Center website at <http://careercenter.lsu.edu/>.
- It provides information about career fields related to your major.

## Choosing Your Major Resource Guide

# LSU Majors Checklist

To review your interest in these majors, begin by completing the checklist as follows:

- Check **YES** if the major is one in which you are already definitely interested.
- Check **NO** if you have ruled the major out as a possibility.
- Check **MAYBE** if it is a major that you don't want to rule out yet, but you need more information about it before you would be comfortable putting it in the YES or NO category.

MAJORS	YES	NO	MAYBE	MAJORS	YES	NO	MAYBE
Accounting				Communication Studies			
Agricultural Business				Computer Engineering			
Agricultural Education				Computer Science			
Allied Health				Construction Management			
Animal, Dairy, & Poultry Sciences				Early Childhood Education			
Anthropology				Economics			
Architecture				Electrical Engineering			
Athletic Training				Elementary Grades Education			
Biochemistry				Environmental Engineering			
Biological Engineering				Environmental Management Systems			
Biological Sciences				English			
Chemical Engineering				Finance			
Chemistry				French			
Child & Family Studies				General Business			
Civil Engineering				Geography			
Coast Environmental Science				Geology			
Communication Disorders				History			

## Choosing Your Major Resource Guide

MAJORS	YES	NO	MAYBE	MAJORS	YES	NO	MAYBE
Human Resources Education				Music			
Industrial Engineering				Music Education			
Information Systems & Decision Sciences				Natural Resource Ecology & Management			
Interdisciplinary Studies				Nutrition & Food Sciences			
Interior Design				Petroleum Engineering			
International Studies				Philosophy			
International Trade & Finance				Physics			
Kinesiology				Plant & Soil Systems			
Landscape Architecture				Political Science			
Liberal Arts				Psychology			
Management				Sociology			
Marketing				Spanish			
Mass Communication				Sports Administration			
Mathematics				Studio Art			
Mechanical Engineering				Textiles, Apparel, & Merchandising			
Microbiology				Theatre			

**All the information was obtained from the LSU General Catalog 2014-2015 issue. For a full description of the majors and their concentration areas, please see the Online LSU General Catalog.**



## Career Resources

Exploring career options means knowing how and where to find information on majors/careers of interest. Once you have identified majors/careers of interest, use the following resources to learn more about them. This is a critical step in making a well-informed decision.

### What Can I Do With This Major?

<http://whatcanidowiththismajor.com/major/>

### Occupational Outlook Handbook

<http://www.bls.gov/ooh/>

### ONET Online

<http://www.onetonline.org/>

### LSU General Catalog

<http://www.lsu.edu/catalogs/>

As you research majors and careers of interest, consider these questions as you investigate:

- Does the job match my interests and values?
- What skills are required to be successful in the job? Does it match my skill set?
- What is the average salary for the job?
- What is the job outlook?
- Does the job require an advanced degree?
- What are the typical work hours?
- What are the work tasks?

### Next Steps

Time to make a choice! Utilize the information that you have obtained in this guide to help you choose a major and a possible career path. Following are some action steps to help with making a well-informed choice.

Research majors of interest by becoming familiar with the LSU General Catalog.

Talk to faculty members in areas of interest.

Visit departmental websites to learn about majors.

Meet with an academic counselor to review a degree audit and discuss coursework.

Schedule an appointment to meet with a career counselor to discuss career assessments, workshops and individual counseling.

If you find that you are still struggling to select the right major, please contact our office to schedule an appointment to meet with one of our career counselors.

We look forward to working with you.

Schedule in Person: 158 LSU Student Union

Schedule by Phone: 225-578-2162

Schedule Online: <http://lsu.edu/careercenter/students/appointments>