

# MAJOR EXPLORATION WORKSHEET

When deciding how to choose a major, there are a few approaches you can take:

**Major First:** You may choose to select a major that you are strongly interested in and find out which career possibilities would be open to you with that major.

Or...

**Career First:** You may find a career you enjoy and select the major that best prepares you for that career.

Regardless of your approach, there are key questions you should consider as you begin to reflect on your major and career selection.

This worksheet is designed to assist you in identifying your interests, values, & strengths. Please reflect on the questions below and use the space provided to help you prepare when meeting with your BAC academic advisor to discuss major and career exploration.

<p><b>What is important to you in a major/career?</b></p>	
<p><b>What sparked your interest in your major/career?</b></p>	
<p><b>What actions have you taken that have helped you learn more about your major/career?</b></p>	
<p><b>What barriers have you identified or do you anticipate with your intended major/career?</b></p>	
<p><b>What are personal or academic skills you have developed since starting college?</b></p>	
<p><b>List three goals that you would like to accomplish by the end of this academic year.</b></p>	
<p><b>What are three steps you will take this semester to complete your goals?</b></p>	

**SCHEDULE AN APPOINTMENT WITH YOUR BAC ACADEMIC ADVISOR TODAY!**