CHOOSING A MAJOR THAT IS RIGHT FOR YOU

• Identify your interests, abilities, values, and goals. Meet with a Career Planning staff member to explore your options.

• Make an appointment at Career Planning to take a Career Assessment.

• Research the majors available at SUNY Potsdam by exploring the Undergraduate Course Catalog, the Careers By Major section of the Career Planning website, looking through department websites, and talking to faculty.

• Gain information about careers by conducting an informational interview, job shadowing, completing an internship, or exploring information online such as the Occupational Outlook Handbook, O*Net, and NY Career Zone.

Undecided about your major?

Not sure what you want to study?

Find out more!

A Major Affair

Wednesday, October 26th, 2011
6:30-7:30pm
Union Multi-Purpose Room

Meet faculty from every department
Learn more about SUNY Potsdam’s majors and minors
Meet staff from Career Planning, Student Success Center, CSTEP, General Education, International Education

Pick up one of our “What Can I do with A Major In….?” Handouts, available in the Career Planning Office

Ask us about Alumni Mentors, available for career networking

Take a variety of classes: This is a useful way to determine where your academic strengths and interests lie, and to gather information towards choosing a major and eventually, a career path.
Freshman-Sophomore Checklist

Freshman Year: Self-Exploration

- Visit Career Planning
- Make an appointment with a professional
- Complete a self-assessment
- Attend “A Major Affair”
- Join an extra-curricular activity
- Watch our Bulletin boards, e-mails, and website for upcoming events

Sophomore Year: Career Exploration/Selection

- Research career options
- Select a career path
- Declare your major
- Develop a career network
- Plan summer, career-related experiences
- Obtain reference letters from your experiences

Start Planning for Summer Employment Now!

- **Create a Resume and cover letter**: Use the guides on our website or stop by the office for assistance
- **Network**: Develop connections among professors, peers, alumni, parents, etc. that you can use as resources when you begin your job search
- **Establish References**: Identify at least 3 professional references
- **Improve your Interviewing Skills**: Complete a Mock Interview in our office before your actual interview
- **Job Search**: Use the [website](#), [BearTracker](#), or stop by the office for additional resources

Plan For Tomorrow By Visiting Career Planning Today!