

CHOOSING A MAJOR

Choosing a major is a process, it takes time and effort on your part, but it can be extremely rewarding if you are able to identify and pursue a major you enjoy and are interested in. Begin early to think about what you should major in and the careers you might end up pursuing. Employers and graduate programs want to see that you have been involved and have developed relevant skills through a combination of course work and out-of-class experiences!

During your years at Binghamton take full advantage of every opportunity to identify a major that works for you and explore your career options. At the Fleishman Center for Career and Professional Development we have identified four common categories of students who enter our office seeking help with choosing a major. The following is a suggested list of resources for each potential type of student. Choose which category best describes you and follow the suggested list of resources to help clarify a major choice. We also recommend speaking with Fleishman Center staff to help clarify your goals and begin mapping out a plan of action for choosing a major that is right for you.

“I Have No Idea What To Major In!”	“I’ve Narrowed My Interests But I Still Can’t Pick A Major!”
<ul style="list-style-type: none"> • Complete the exercises on Interests, Values, and Abilities available in this guide • Discuss your Interests, Abilities, and Values exercise results with Fleishman Center staff during Walk-in • Visit the Fleishman Center’s webpage: http://www.binghamton.edu/ccpd/ • Visit the University Bulletin at http://bulletin.binghamton.edu for more information about specific majors • Participate in a club or team that interests you; find out more via B-Engaged • Volunteer! Check out the Center for Civic Engagement (CCE) website • Take courses that reflect your interests and abilities • Attend Fleishman Center programs about choosing a major 	<ul style="list-style-type: none"> • Complete the exercises on Values and Abilities available in this guide • Meet with Fleishman Center staff during Walk-in hours to learn more about and narrow in on a possible major • Seek a part-time job via hireBING or volunteer in an area of interest through the Center for Civic Engagement (CCE) • Continue major exploration through the Fleishman Center’s Library Resources and internet resources such as the University Bulletin available at http://bulletin.binghamton.edu • Interview individuals working in fields of interest; use LinkedIn and the Networking and Informational Interviewing Guide to assist you • Discuss majors with professors and upperclassmen • Participate in classes and department activities
“I’ve Chosen A Major But I’m Not Sure If It’s Right For Me, Or I’m Not Doing So Well, Or I Hate It!”	“I’ve Chosen My Major, But What Career Is It Preparing Me For?”
<ul style="list-style-type: none"> • Meet with Fleishman Center staff during Walk-in hours to discuss how you chose your major and why • Seek a part-time job or volunteer in an area related to other areas of interest to explore major possibilities • Continue exploration of other majors through the Fleishman Center’s Library Resources and internet resources such as the University Bulletin http://bulletin.binghamton.edu • Discuss your choice of major with professors and upperclassmen in your department • Meet with your academic advisor to discuss your choice of major and opportunities within your department • Complete the exercises on Interests, Values, and Abilities available in this guide • Review the list of potential areas of study on Page 6 of this guide 	<ul style="list-style-type: none"> • Meet with Fleishman Center staff during Walk-in to discuss the difference between majors and careers • Participate in career-related work, internship, or volunteer experiences to expand your skills • Get involved in research opportunities through your academic department • Continue exploration of your major through the Fleishman Center’s Library Resources and internet resources such as University Bulletin - http://bulletin.binghamton.edu • Job shadow Binghamton University alumni in a potential career field of interest; talk with more alumni to develop a network • Search LinkedIn to learn what careers alumni with your major have pursued • Explore career fields through Fleishman Center programs and hireBING.

Good major and career decisions are made with information; information about you, the world of work, and what academic offerings are right for you. The following exercises will help you to further your major and career decision making process, as they explore important components you will need to know about yourself in order for you to choose a major that will fit your Interests, your Abilities, and your Values.

Let's start by getting some information about you!

Exploring Your Interests

First Impressions

Here is your first chance to think about yourself and record your responses. Fill in each blank carefully and honestly. Be true to yourself; don't try to please anyone else with your answers. Try to be spontaneous; the longer you think before answering the more likely you are to censor your answers.

1. In my free time I enjoy _____
2. I want to _____
3. I don't want to _____
4. If all goes well in the next four years, I will be doing the following things: _____
5. In my ideal class, the course work would explore the following: _____

6. Reviewing past jobs and/or volunteer experiences I have had, what did I like best/least about each one? _____

Describe Yourself

Circle those adjectives that best describe you. Place an "X" in front of those adjectives that are least like you.

Realistic ____		Investigative ____		Artistic ____	
Practical	Persistent	Careful	Introverted	Emotional	Impulsive
Athletic	Conforming	Achieving	Confident	Expressive	Flexible
Rugged	Down-to-Earth	Curious	Analytical	Imaginative	Idealistic
Stable	Self-Reliant	Precise	Intellectual	Unordered	Original
Frank		Independent		Creative	
Social ____		Enterprising ____		Conventional ____	
Helpful	Understanding	Energetic	Adventurous	Conscientious	Orderly
Insightful	Popular	Driving	Powerful	Persistent	Efficient
Kind	Cooperative	Ambitious	Persuasive	Organized	Detailed
Friendly	Responsible	Assertive	Competitive	Obedient	Thorough
Tactful		Enthusiastic		Dependable	

Review the adjectives you circled. Which groups of adjectives best describe you? From which three of the six groups do most your adjectives come? Rank the groups from 1 - 3 on the line next to the groups from which most of them come.

Assessing Your Skills

For each item on this table, mark an **E** next to each skill you enjoy using (even if you aren't an expert at it!). Then go back over the list and place a **W** next to each skill you feel you perform particularly well. Place an **N** next to any skills that you have never used. Finally place a **D** next to any skills that you would like to develop or acquire. Under personal qualities, check all that apply to you.

E = skills you Enjoy using

D = skills you would like to Develop or acquire

W = skills you perform especially Well

N = skills you have Never used

Clerical Skills				
<input type="checkbox"/> Arranging	<input type="checkbox"/> Bookkeeping	<input type="checkbox"/> Collaborating	<input type="checkbox"/> Collating	<input type="checkbox"/> Collating
<input type="checkbox"/> Computing	<input type="checkbox"/> Developing	<input type="checkbox"/> Evaluating	<input type="checkbox"/> Examining	<input type="checkbox"/> Filing
<input type="checkbox"/> Improving	<input type="checkbox"/> Indexing	<input type="checkbox"/> Keyboarding	<input type="checkbox"/> Managing People	<input type="checkbox"/> Organizing
<input type="checkbox"/> Photocopying	<input type="checkbox"/> Problem Solving	<input type="checkbox"/> Purchasing	<input type="checkbox"/> Recommending	<input type="checkbox"/> Recording
<input type="checkbox"/> Retrieving	<input type="checkbox"/> Sorting	<input type="checkbox"/> Systemizing	<input type="checkbox"/> Tabulating	<input type="checkbox"/> Transcribing
Technical Skills				
<input type="checkbox"/> Adjusting	<input type="checkbox"/> Aligning	<input type="checkbox"/> Calculating	<input type="checkbox"/> Cataloging	<input type="checkbox"/> Creating
<input type="checkbox"/> Designing	<input type="checkbox"/> Detailing	<input type="checkbox"/> Drafting	<input type="checkbox"/> Evaluating	<input type="checkbox"/> Examining
<input type="checkbox"/> Financing	<input type="checkbox"/> Following Specifications	<input type="checkbox"/> Observing	<input type="checkbox"/> Operating	<input type="checkbox"/> Problem Solving
<input type="checkbox"/> Refining	<input type="checkbox"/> Restructuring	<input type="checkbox"/> Reviewing	<input type="checkbox"/> Revising	<input type="checkbox"/> Sorting
<input type="checkbox"/> Structuring	<input type="checkbox"/> Synthesizing	<input type="checkbox"/> Verifying		
Public Relations Skills				
<input type="checkbox"/> Collaborating	<input type="checkbox"/> Communicating	<input type="checkbox"/> Conducting	<input type="checkbox"/> Consulting	<input type="checkbox"/> Convincing
<input type="checkbox"/> Creating	<input type="checkbox"/> Demonstrating	<input type="checkbox"/> Endorsing	<input type="checkbox"/> Entertaining	<input type="checkbox"/> Hosting
<input type="checkbox"/> Informing	<input type="checkbox"/> Mediating	<input type="checkbox"/> Negotiating	<input type="checkbox"/> Performing	<input type="checkbox"/> Planning
<input type="checkbox"/> Promoting	<input type="checkbox"/> Recruiting	<input type="checkbox"/> Representing	<input type="checkbox"/> Researching	<input type="checkbox"/> Writing
Agricultural Skills				
<input type="checkbox"/> Assembling	<input type="checkbox"/> Constructing	<input type="checkbox"/> Costing	<input type="checkbox"/> Cultivating	<input type="checkbox"/> Demonstrating
<input type="checkbox"/> Devising	<input type="checkbox"/> Diagnosing	<input type="checkbox"/> Estimating	<input type="checkbox"/> Evaluating	<input type="checkbox"/> Inspecting
<input type="checkbox"/> Lifting	<input type="checkbox"/> Maintaining	<input type="checkbox"/> Operating	<input type="checkbox"/> Problem Solving	<input type="checkbox"/> Repairing
<input type="checkbox"/> Replacing	<input type="checkbox"/> Scheduling			
Selling Skills				
<input type="checkbox"/> Advising	<input type="checkbox"/> Asking	<input type="checkbox"/> Calculating	<input type="checkbox"/> Closing	<input type="checkbox"/> Communicating
<input type="checkbox"/> Comparing	<input type="checkbox"/> Contacting	<input type="checkbox"/> Contracting	<input type="checkbox"/> Convincing	<input type="checkbox"/> Costing
<input type="checkbox"/> Differentiating	<input type="checkbox"/> Influencing	<input type="checkbox"/> Informing	<input type="checkbox"/> Inspecting	<input type="checkbox"/> Negotiating
<input type="checkbox"/> Persuading	<input type="checkbox"/> Positioning	<input type="checkbox"/> Problem Solving	<input type="checkbox"/> Promoting	<input type="checkbox"/> Recommending
<input type="checkbox"/> Representing				

E = skills you Enjoy using

D = skills you would like to Develop or acquire

W = skills you perform especially Well

N = skills you have Never used

Maintenance Skills

<input type="checkbox"/> Adjusting	<input type="checkbox"/> Assembling	<input type="checkbox"/> Cleaning	<input type="checkbox"/> Climbing	<input type="checkbox"/> Demonstrating
<input type="checkbox"/> Devising	<input type="checkbox"/> Dismantling	<input type="checkbox"/> Estimating	<input type="checkbox"/> Evaluating	<input type="checkbox"/> Inspecting
<input type="checkbox"/> Lifting	<input type="checkbox"/> Maintaining	<input type="checkbox"/> Operating	<input type="checkbox"/> Problem Solving	<input type="checkbox"/> Purchasing
<input type="checkbox"/> Repairing	<input type="checkbox"/> Scheduling			

Management Skills

<input type="checkbox"/> Administering	<input type="checkbox"/> Assigning	<input type="checkbox"/> Conceptualizing	<input type="checkbox"/> Conducting	<input type="checkbox"/> Controlling
<input type="checkbox"/> Coordinating	<input type="checkbox"/> Decision Making	<input type="checkbox"/> Delegating	<input type="checkbox"/> Directing	<input type="checkbox"/> Empowering
<input type="checkbox"/> Enabling	<input type="checkbox"/> Formulating	<input type="checkbox"/> Hiring	<input type="checkbox"/> Initiating	<input type="checkbox"/> Measuring
<input type="checkbox"/> Modeling	<input type="checkbox"/> Negotiating	<input type="checkbox"/> Organizing	<input type="checkbox"/> Planning	<input type="checkbox"/> Problem Solving
<input type="checkbox"/> Scheduling	<input type="checkbox"/> Sponsoring	<input type="checkbox"/> Supervising	<input type="checkbox"/> Supporting	<input type="checkbox"/> Team Building

Communication Skills

<input type="checkbox"/> Articulating	<input type="checkbox"/> Collaborating	<input type="checkbox"/> Connecting	<input type="checkbox"/> Defining	<input type="checkbox"/> Editing
<input type="checkbox"/> Explaining	<input type="checkbox"/> Formulating	<input type="checkbox"/> Instructing	<input type="checkbox"/> Integrating	<input type="checkbox"/> Interpreting
<input type="checkbox"/> Interviewing	<input type="checkbox"/> Listening	<input type="checkbox"/> Organizing	<input type="checkbox"/> Presenting	<input type="checkbox"/> Problem Solving
<input type="checkbox"/> Proposing	<input type="checkbox"/> Reading	<input type="checkbox"/> Reasoning	<input type="checkbox"/> Speaking	<input type="checkbox"/> Summarizing
<input type="checkbox"/> Synthesizing	<input type="checkbox"/> Translating	<input type="checkbox"/> Writing		

Service Skills

<input type="checkbox"/> Collaborating	<input type="checkbox"/> Coordinating	<input type="checkbox"/> Counseling	<input type="checkbox"/> Demonstrating	<input type="checkbox"/> Encouraging
<input type="checkbox"/> Evaluating	<input type="checkbox"/> Facilitating	<input type="checkbox"/> Guiding	<input type="checkbox"/> Integrating	<input type="checkbox"/> Leading
<input type="checkbox"/> Listening	<input type="checkbox"/> Mediating	<input type="checkbox"/> Monitoring	<input type="checkbox"/> Motivating	<input type="checkbox"/> Persuading
<input type="checkbox"/> Planning	<input type="checkbox"/> Problem Solving	<input type="checkbox"/> Responding	<input type="checkbox"/> Summarizing	<input type="checkbox"/> Teaching

Personal Qualities – check all that apply to you

<input type="checkbox"/> Adaptable	<input type="checkbox"/> Adventurousome	<input type="checkbox"/> Aggressive	<input type="checkbox"/> Ambitious	<input type="checkbox"/> Assertive
<input type="checkbox"/> Calm	<input type="checkbox"/> Capable	<input type="checkbox"/> Confident	<input type="checkbox"/> Conscientious	<input type="checkbox"/> Creative
<input type="checkbox"/> Cooperative	<input type="checkbox"/> Candid	<input type="checkbox"/> Dependable	<input type="checkbox"/> Determined	<input type="checkbox"/> Diplomatic
<input type="checkbox"/> Dominant	<input type="checkbox"/> Energetic	<input type="checkbox"/> Enterprising	<input type="checkbox"/> Enthusiastic	<input type="checkbox"/> Flexible
<input type="checkbox"/> Forceful	<input type="checkbox"/> Idealistic	<input type="checkbox"/> Initiating	<input type="checkbox"/> Innovative	<input type="checkbox"/> Logical
<input type="checkbox"/> Methodical	<input type="checkbox"/> Optimistic	<input type="checkbox"/> Organized	<input type="checkbox"/> Patient	<input type="checkbox"/> Persistent
<input type="checkbox"/> Practical	<input type="checkbox"/> Realistic	<input type="checkbox"/> Reliable	<input type="checkbox"/> Risk Taking	<input type="checkbox"/> Self-Starting
<input type="checkbox"/> Sensitive	<input type="checkbox"/> Sincere	<input type="checkbox"/> Sympathetic	<input type="checkbox"/> Tolerant	

Organizing Your Thoughts

Now that you have completed the exercises and have a better sense of your Interests, Abilities, and Values, you can begin exploring majors and courses that match what you care about and who you are. The following list of Binghamton academic offerings encompasses a wide depth and breadth of possible majors. Read through the following list and **circle** any majors you would like to learn more about, and **cross-off** any majors you are certain you would not like to pursue.

Harpur College of Arts and Sciences Programs

Humanities Division

Africana Studies	Comparative Literature	Judaic Studies	Romance Languages & Literatures
Art	English, General Literature & Rhetoric	Music	Theatre
Cinema	German & Russian Studies	Philosophy	
Classical & Near East Studies			

Science and Mathematics Division

Biochemistry	Chemistry	Mathematical Sciences	Integrative Neuroscience
Biological Sciences	Geological Sciences & Environmental Studies	Physics, Applied Physics & Astronomy	Psychology

Social Science Division

Anthropology	Geography	Political Science
Economics	History	Sociology

Interdisciplinary Programs

Environmental Studies	Latin American & Caribbean Area Studies	Medieval & Early Modern Studies	Philosophy, Politics, & Law
Linguistics			

Watson School of Engineering and Applied Science Programs

Bioengineering	Computer Science	Industrial & Systems Engineering	Mechanical Engineering
Computer Engineering	Electrical Engineering		

College of Community and Public Affairs Programs

Human Development

Decker School of Nursing Programs

Nursing

School of Management Programs

Business Administration	Accounting
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Putting it all Together:

Your Interests	Your Skills	Your Values	Majors to Explore

After you have completed the suggested exercises, this guide can be used to further assist you when meeting with Fleishman Center staff, your Academic Advisor, or discussing your choices with family and friends. For more information, please visit the Fleishman Center in UU 133 or visit us online at <http://www.binghamton.edu/ccpd/>