

[UPBEAT MUSIC]

This is Eastern Michigan University's *Career Corner*, posted by the career coaches of the University Advising and Career Development Center and welcome to season four, Career FAQ.

Welcome back to the *Career Corner* podcast, this is career coach Brad Minton and we're so happy to have you back with us for season four. This season running over the next 10 weeks is going to be a little bit different. Each episode we're tackling just one common question that we hear from our students on a consistent basis. These will be short powerful episodes designed to get you quality insights and quick answers to some of your most pressing questions.

Today's episode answers one of the most common that we receive and we couldn't imagine a better one to start this season, how do I choose a major? Well, everybody's situation is different and having time to explore your unique situation with a career coach is most helpful. There are definitely a few points that can get you a little bit closer to choosing the major that's right for you.

Number one, develop a stronger self-awareness. So, what does this mean? In our work we see common themes. Many students starting out college make decisions on their major based on external influences as much if not more than the internal. So friends, family society, the economy, they all play a role in influencing this choice.

The key is to take a stronger inventory of your internal motivations and factors. These are things like your interests, your unique values, your personality preferences, you're innate strengths, your motivators and your skills. Notice I'm saying your, your, your, because it's important to really take stock of you.

So why is this important? While career fulfillment can be attained when the major in the career fit, who you are at your core and more to you like a glove rather than you having to change yourself to fit the major career. So focus so much on those external influences, you're really trying to change ourselves in a way.

So how do we go about doing this? Well, by connecting with one of the Career coaches, we can help take you through several different career assessments with full interpretations and provide in-depth discussion to help get you more clarity on who you are at your core. This is a process as we say sometimes, it's a marathon, not a sprint. So it does take some time but it is worth every second.

Number two, really in terms of deciding on a major, you got to begin with the end in mind. Choosing a major should really be more about the career path that it leads to and the skills that you develop along the way than just thinking about specific courses. Through your self-awareness work that you're hopefully doing with us, you're going to find the careers that align with who you are and then determine what you need to do and what you need to know in order to get there. So working with a career coach and in tandem work with an academic advisor to find the appropriate options of programs here at EMU that fit with that longer term goal.

Then number three, remember really what a major really is at the end of the day. When we think about what a major actually is, it's just a concentration of coursework. Most majors are multi potential, meaning that they're not aligned to just one specific career path only. The more important takeaway is that it's important to break from the mindset that choosing a major is a contract that you can't get out of. That's a very rigid way of thinking about it. So remember you still control your own destiny.

So we really hope this information was helpful for you today. If you are ready to get the clarity that you're looking for and discover the major that is right for you and need assistance in determining that major, set up an appointment with a career coach on handshake at emich.joinhandshake.com. Join handshake dotcom.

If you're ready to declare a major, you can actually do so by just typing in the search bar of EMU's website major declaration form, or by going to www.emich.edu/uacdc/forms/declaration.php. PHP. Additional questions on this process of declaring your major can be addressed in the office of records and registration at 73 44874111.

Stay tuned for next episode where we're going to tackle what to do when you think that you actually want to change majors. But until then, just remember we're here for you and we support your goals.

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