Major Exploration

**Unsure of your major? That’s ok!** A vast majority of college students will change their major at least once during their undergraduate career. This guide is designed to help you explore some different interests and some possible majors.

There are multiple factors that students should consider when exploring majors:

|  |  |  |
| --- | --- | --- |
| **Academic Interests** | **Career Goals** | **Personal Interests & Values** |
| What are subjects that you like to learn about?What has been your favorite subject in school so far?Have you taken any classes that were surprisingly fun? | What kind of jobs could you see yourself in?Do you have a specific career in mind?What kind of skills do you need to develop for that job? | What are things you enjoy doing?What kind of experience would make you feel fulfilled?Is there anything specific that you feel passionate about? |

## Personal Reflection Tools

These tools are great resources to start exploring your interests, skills, and potential career paths.

|  |  |  |
| --- | --- | --- |
| **Tool** | **Description** | **Links** |
| NAU Career Assessment Tools | A hub of assessment tools gathered by NAU Career Development.  | * <https://in.nau.edu/career/career-advising-2/career-assessment-tools/>
* bit.ly/3zsi8qS
 |
| Personality Assessment Test | A self-assessment that focuses on your personality and how it meshes with different aspects of your life.  | * <https://www.16personalities.com/>
* bit.ly/3lIU0f2
 |
| Work Values Inventory | A quiz that has you determine which values in a job setting are the most important to you.  | * <https://www.careeronestop.org/Toolkit/Careers/work-values-matcher.aspx>
* bit.ly/3EAeVcB
 |
| Interest Profiler | A short quiz that looks at what kinds of jobs you might like based on your personal interests. | * <https://www.mynextmove.org/explore/ip>
* bit.ly/3hO11Ke
 |

## Exploring Specific Majors

Below is a short list of majors/major clusters. Each is paired with courses that will act as great starting points if you want to explore that major!

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Majors** | **Potential Introductory Courses** |  | **Majors** | **Potential Introductory Courses** |
| Astronomy | PHY 171PHY 161 |  | History | HIS 100HIS 102 |
| Biology/Biomedical Science | BIO 181+BIO 181LBIO 182+BIO 182L |  | Hotel and Restaurant Management | HA 100ISM 120 |
| Business majors (excluding HRM) | ACC 205ISM 120 |  | Interior Design | ID 121ART 135 |
| Criminology and Criminal Justice | CCJ 101 |  | Journalism | COM 101JLS 105 |
| Education | EDF 200 |  | Philosophy | PHI 240PHI 103 |
| Engineering | EGR 186 |  | Political Science | POS 100 |
| Environmental and Sustainability Studies | ENV 115ENV 120 |  | Psychology | PSY 101 |
| Exercise Science | BIO 192NTS 135 |  | Social Work | SW 220 |

## Additional Requirements

Some majors at NAU have requirements beyond the courses you need to take. When exploring majors, make sure you check and see if your major has any additional requirements.

Below, there are a few examples of additional requirements you may find and a few examples of majors that have these requirements.

|  |  |
| --- | --- |
| **Application Process** | * Nursing/Dental Hygiene
* Education
* Business
 |
| **Emphasis** | * Studio Art
* Modern Languages
* English
 |
| **Minor/Certificate** | * Criminology and Criminal Justice
* Sociology
* Women’s and Gender Studies
 |

# Exploration Guide

Exploring majors can feel daunting - there are so many options! However, here are some helpful questions to get you started:

|  |  |
| --- | --- |
| **What do I like, and what do I NOT like?** |  |
| **What was my favorite subject/class in high school or at NAU so far?** |  |
| **What career paths are interesting to me?** |  |

Almost every major will have introductory courses aimed at helping you develop a foundation for the subject at hand. These courses are fantastic ways to explore potential majors. Below, list out 1-3 majors you would be interested in exploring. For each major, try and find 1-2 courses that you can use to explore that major!

**Progression Plans**: [nau.edu/progressionplans](https://in.nau.edu/university-advising/progression-plans/)

|  |  |
| --- | --- |
| **Potential Major** | **Exploratory Class** |
|  |  |
|  |  |
|  |  |

Remember, different majors will have different math requirements. For your majors of interest, find and list out the highest math class needed. Use the Overview tab in the Catalog Page to find this information.

**Academic Catalog**: [nau.edu/catalog](https://catalog.nau.edu/)

|  |  |
| --- | --- |
| **Major** | **Highest Math Required** |
|  |  |
|  |  |
|  |  |

## Scheduling an Appointment

Next, let’s schedule an appointment to chat with an advisor about your interests and enroll in some exploratory courses.

1. Navigate to [nau.edu/appointments](https://appointments.nau.edu/) (or call 928-523-4772)
2. Select “Academic Advising”
3. Choose your major/minor and the reason for your visit (“Major Change or Exploration”)
4. Click “Continue”
5. Choose a day and time to meet with your advisor
	1. Click “Show All” to see availability with other advisors
6. Select an appointment type (Phone, Zoom, or In Person)
7. Enter your phone number
8. Click “Continue”
9. Don’t forget to **confirm your appointment** on the last page!
	1. If you do not click to confirm, your appointment will not be scheduled

## Enrollment Resources

* Use our [Online Enrollment Guide](https://in.nau.edu/gateway-student-success-center/enrollment/) at [nau.edu/gateway](https://in.nau.edu/gateway-student-success-center)
	+ Select Student Resources, then select Enrollment
* Use our [YouTube tutorials](https://www.youtube.com/channel/UCMLoFVQruhRHfbc-2hC9f8Q)
	+ NAU Gateway Advising on YouTube
* Meet with an advisor via Drop-in Advising, Office Hours, and scheduled appointments.
	+ [Find ways to connect with an advisor](https://in.nau.edu/gateway-student-success-center/current-students/) at [nau.edu/gateway](https://in.nau.edu/gateway-student-success-center)