Exploring Majors

The following steps and tools can help you determine the right major for you!

Already have a major, but need to determine your career path? See the reverse side of this page.

Step 1: Review and Narrow Down Majors

This step takes the most time, but it’s the most important! Choosing the right major can be overwhelming – but that’s usually because you don’t have enough information to make your decision. This step teaches you about your options so you can make a more informed choice.

- **TRY THIS!** Go to the URI Academic Advising website (<uri.edu/advising>)
  1. Click the "Exploring Majors & Interest Clusters" link and then click on "Finding A Best-Fit Major." Start exploring the information and doing the activities in boxes 2 – 8.
  2. In box 2, review the list of Majors. For each major of interest, review the following links:
     - Curriculum Sheet
     - Department website
     - Catalog Info
     - Careers
  3. In box 5, review the Course Catalog (<uri.edu/catalog>) to see descriptions of classes offered in the major.
  4. Based on your research (this may take a while!), make a list of all the majors that interest you!

- **TRY THIS!** Go to the URI Career Center website (<uri.edu/career>)
  1. Click the “Professional Development Modules” link
  2. Complete the “Exploring Majors & Careers Module”

- Before proceeding to step 2, narrow down to 2-4 majors of interest.

Step 2: Learn More About the Majors

Now that you’ve narrowed down your major interests, meet with an academic advisor (schedule and appointment or attend drop-ins) to learn more about the requirements of each of the majors.

- Ask your Academic Advisor about the following:
  - The classes you would need to take for your majors of interest
  - How long it will take to graduate with each of your majors of interest
  - If those majors are still accepting students. If not, ask about related major options.
  - If the major allows you freedom in choosing many of your major courses OR if all the major courses are pre-determined for you.
  - If the major requires internship or has space in the curriculum to complete an internship
  - How to declare a major (when you’re ready)!

For Academic Advising Drop In Hours or to make an appointment:
<uri.edu/advising/finding-my-advisor/>
Exploring Careers

There are a variety of techniques you can use to explore your career interests. Try a few of the techniques below to find what works best for you. Already have a career interest, but need to the best major to get there? See the reverse side of this page.

Technique 1: Explore Industry/Occupational Websites

The various websites below help you explore career paths for your major, interests, and personality type.

- What Can I Do With this Major ([https://whatcanidowiththismajor.com/major](https://whatcanidowiththismajor.com/major))
- O*NET ([www.onetonline.org](http://www.onetonline.org))
- My Next Move ([www.mynextmove.org](http://www.mynextmove.org)) - Access code: uri47
  - After completing all 3 assessments, review your potential occupations in the “Explore” section
- Review the resources on your URI major department website

Technique 2: Review Job Descriptions

If you want to know if a job is something you might like, review current posted job descriptions on various websites and ask yourself the following:

- Does the job description match what you had pictured for the job title?
- Are you interested in gaining the particular required experience?
- Do entry level positions require specific experience in addition to a degree?
- Do positions require/prefer a graduate degree? Do you want to explore grad school?
- Are there many available positions for recent grads?
- Where are the available positions mainly located in the US?

Technique 3: Explore Careers through Networking & Experience

The best way to learn about a career field or career paths is to actually speak with individuals in the field and try it out! The following techniques are excellent (and fun) ways to learn more about a career path.

Networking

- Connect with URI alumni through Rhody Alumni Mentor (RAM) program
- Connect with professionals and alumni through LinkedIn ([www.linkedin.com](http://www.linkedin.com))
- Conduct Informational Interviews
- Join Professional Associations relevant to your career field
- Attend networking events on and off campus

Experience

- Arrange Job Shadow experiences
- Complete Internships, Practicums
- Volunteer within the field
- Complete research with a professor; Develop an independent study project
- Accept part time, summer, seasonal, temporary, or per diem jobs in your fields of interest

You may also consider attending Career Center drop-ins and meet with the Advisor of the Day (AOD) to:

- Understand career themes in your majors of interest; Draw attention to potential career paths
- Educate you on resources to help explore potential careers and career paths
- Help you develop a plan to gain experience: internship, volunteer, job shadow, campus involvement

Career Center Drop In Hours: Monday-Friday, 10am-3pm