

Quick Tip Sheet

Exploring Majors & Careers

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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! Here you'll learn about your major options so you can make a more informed choice.

Try this! Click uri.edu/advising/exploring-undeclared and review exploration and research resources

Try This! Complete the TypeFocus Assessment - typefocus7.com (access code: 837DD225)

Try This! Go to the URI Career Center website - uri.edu/career

- Click the [Modules](#) link
- Complete the [Exploring Majors Module](#)

Try This! Go to the URI Academic Advising website - uri.edu/advising

- Click [Advising By Major](#). For each major of interest, review the following links:
 - Curriculum Sheet
 - Department website
 - Catalog Info
 - Careers
- Review the [Course Catalog](#) to see descriptions of classes offered in the major
- Based on your research (this may take a while!), make a list of all the majors that interest you!

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 to learn more about the requirements of each of the majors:

- 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 Information and Drop-In Hours: uri.edu/advising

Exploring Careers

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

Overwhelmed? Start here: uri.edu/career

- Click the [Modules](#) link
- Complete the [Exploring Careers Module](#)
- Review [CCEE Cluster Pages](#)
- Click [Advising by Major](#), select a major, then click on the Career button

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 - uri.edu/career/wcidwmm/
- Occupational Outlook Handbook - bls.gov/ooh/
- O*NET - onetonline.org
- My Next Move - mynextmove.org
- TypeFocus - typefocus7.com (access code: 837DD225)

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 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 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 professionals and URI alumni through LinkedIn - 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
- Conduct research with a professor; Develop an independent study project
- Accept part time, summer, seasonal, temporary, or per diem jobs in your fields of interest

Attend CCEE drop-ins to (Days & Times Found on Starfish)

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



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