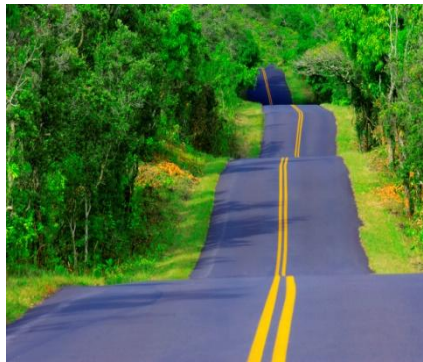


CHOOSING A MAJOR



CONTENTS:

Myths about College and Career	pg. 2
The Career Planning Process	pg. 3
Action Steps for Choosing a Major	pg. 4
Major Programs of Study Exploring Major	pg. 5
Major Descriptions and Related Careers	pg. 6
Understanding Careers	pg. 10

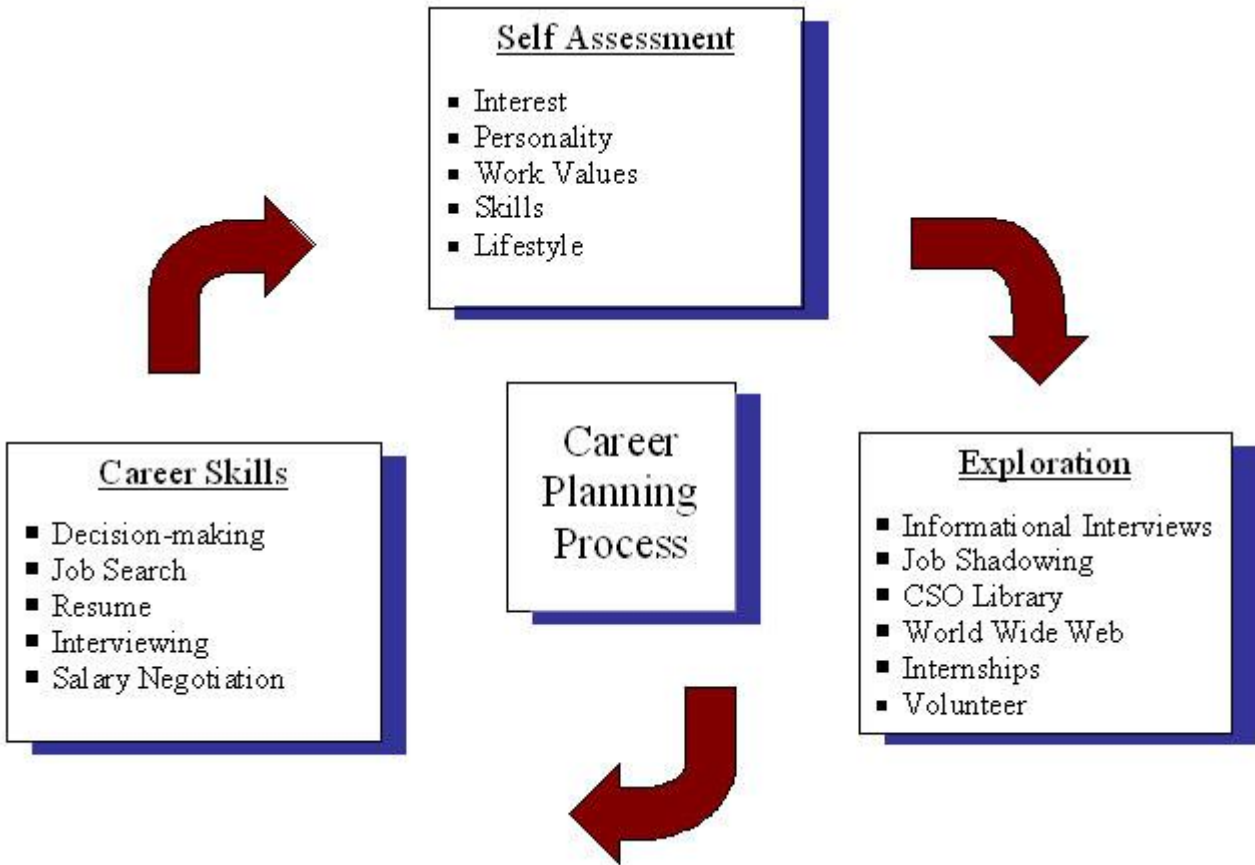
Myths about College and Career

- I should have a definite plan for my future career path.
- Once I select a college major I should stick with it no matter what.
- Developing skills and taking courses in computers, language, business and communications are not necessary unless I plan to major in these fields.
- There is one major that is a perfect match for me.
- Only paid work experience will help me develop a career path.
- I should investigate the job market just prior to my college graduation.
- Most people start their careers at 21 and rarely change career directions.
- Career Services focus on seniors looking for employment.

Most college majors offer students a breadth of career paths and opportunities based on the experience they acquire through internships and work experience.



The Career Planning Process



Career Services can administer and interpret the following self-assessment tools:

- FOCUS
- Harrington-O'Shea
- Self Directed Search
- Myers-Briggs Type Indicator

To access values, interests, personality and skills inventories online, visit:

University of Waterloo Career Development eManual

www.cdm.uwaterloo.ca/index.asp

Massachusetts Career Information System

www.masscis.intocareers.org

Type Focus

www.typefocus.com

Career Services has a whole section of our website dedicated to the Career and Major exploration process: <http://www.bridgew.edu/CareerServices/Careerex.cfm>

Action Steps to Selecting a Major

A major should be interest-motivated. Choose a major you will enjoy. You will perform best in an area that drives you. Here are some steps to consider:



1. Visit Career Services. Meet with a Career Counselor and learn about some of the resources we have to offer you. We can help you with self-assessment, choosing a major, career exploration and developing career management skills.

2. Do some Self-Assessment. Whether you take a paper and pencil inventory in Career Services, or access one online, understanding the role of your interests, skills, values and personality will be a helpful component in selecting a major.

3. Check out the Bridgewater State University Catalog. Don't overlook the obvious. The college catalog can provide you with a great deal of important information about each of the majors, minors, and concentrations offered here at BSU. The University Catalog can be accessed online at <http://www.bridgew.edu/Catalog>.

4. Meet with Faculty. One of the best ways to get to know a major is to speak to those teaching its courses. Some good questions to ask include:

- Can you tell me a little more about the program?
- What are some of the graduates doing with this major?
- How did you get into this field?
- Are there any students you would recommend me speaking to?

5. Select Introductory Courses. Experiment. See what interests you. When considering a major, take a few courses and see how they feel.

6. Research Majors and Careers. Check out the Career Services Library and Vault Online Career Library to learn more about career paths for different majors.

7. CAREERLINK@BSU. Email alumni who work in a wide range of careers and who have agreed to speak with students on a one-to-one basis. Alumni Mentors can address topics such as what a typical work day is like, major responsibilities in this field of work, qualifications needed to enter the field, and strategies for success. <http://www.bridgew.edu/CareerServices/careerlink.cfm>

8. Find an Internship or Volunteer. Experiential education allows you to see what kind of jobs you do and do not find appealing. Such opportunities extend your learning outside the classroom and develop new and transferable skills for your career.

BRIDGEWATER STATE UNIVERSITY

UNDERGRADUATE MAJOR PROGRAMS OF STUDY

ACCOUNTING AND FINANCE

Accounting
Finance

ANTHROPOLOGY

Cultural Anthropology
General Anthropology
Public Archaeology

ART

Art Education
Art History
Crafts
Fine Arts
Graphic Design
New Media
Photography

ATHLETIC TRAINING

AVIATION SCIENCE

Aviation Management
Flight Training

BIOLOGY

Biomedical/Molecular
Biology
Ecological Biology
General Biology

CHEMISTRY

Biochemistry
Environmental Chemistry
Professional Chemistry

CHEMISTRY-GEOLOGY

COMMUNICATION STUDIES

Corporate Communication
Individualized
Media Studies &
Communication
Technologies
Dance Education
Speech Communication
Theatre Arts
Theatre Education

COMPUTER SCIENCE

CRIMINAL JUSTICE

Victimology

EARLY CHILDHOOD EDUCATION

Early Education and Care,
PreK-K

EARTH SCIENCES

General
Environmental Geosciences
Geology

ELEMENTARY EDUCATION

ECONOMICS

ENGLISH

English Education (High
School, Middle School)
Writing

GEOGRAPHY

HEALTH STUDIES

Community Health
School Health

HISTORY

Military History

MANAGEMENT

General Management
Global Management
Information Systems
Management
Marketing
Operations Management

MATHEMATICS

MUSIC

Music Education

PHILOSOPHY

Applied Ethics

PHYSICAL EDUCATION

Coaching
Exercise Science/Health Fitness
Motor Development
Therapy/Adapted Physical
Education
Recreation
Recreation and Fitness Club
Administration
Teacher Licensure in Physical
Education (PreK-8)
Teacher Licensure in Physical
Education (5-12)

PHYSICS

General Physics
Professional Physics

POLITICAL SCIENCE

American Politics
International Affairs
Legal Studies
Public Administration

PSYCHOLOGY

SOCIAL WORK

SOCIOLOGY

City, Community and Region
Education
Global Studies

SPANISH

SPECIAL EDUCATION

Communication Disorders

Major Descriptions and Related Careers

ACCOUNTING AND FINANCE – involves the examination, organization, management, and design of accurate recording and reporting procedures of financial and business transactions. **Related fields** include public accounting, management accounting, tax accounting, cost accounting, government accounting, budget accounting and internal auditing.

ANTHROPOLOGY – the study of the evolution of mankind through the study of cultures. It attempts to provide students with a better understanding of human physical differences, language systems, and way cultures compare with each other and the past. **Related fields** can include archeologist, archivist, educator, genealogist, museum work, paleontologist, ethnologist and linguistic or cultural anthropologist.

ART – the study of various creative means of expressing human thoughts, interests, attitudes, emotions and ideas. It can be fine art (painting, drawing, photography, etc.) or commercial art which revolves around advertising (design, illustration, film, cards, poster, etc.) **Related fields** can include art therapist, cartoonist, cartographer, art and film critic, curator, graphic designer, painter, photojournalist, freelance artist and fashion illustrator.

ATHLETIC TRAINING – a program that prepares individuals to work in consultation with, and under the supervision of physicians to prevent and treat sports injuries and associated conditions. **Related careers** can include athletic coach, athletic director, athletic trainer, nutritionist, physical therapist and sports physician.

AVIATION SCIENCE – combines a liberal arts background with specialization in Flight Training Aviation Management. This major prepares one both for **careers** in industry-related aviation such as pilots and managers as well as government careers with the Federal Aviation Administration and the military.

BIOLOGY – the study of life from the simplest forms of plants and animals to the highly complex structure of human beings. It includes how organisms are structured and how they function and relate to each other and their environment. **Related careers** can include chiropractor, educator, biochemist, nurse, physician, nutritionist, occupational or physical therapist, respiratory therapist, veterinarian and zoologist.

CHEMISTRY – the study of substances and energy. It focuses on composition, characteristics, changes, reaction, uses, and benefits and dangers to mankind. The program is designed to provide the skills and knowledge necessary for **successful careers** in the chemical industry, chemical research, oceanography teaching, and environmental science, or for further study on the graduate level.

COMMUNICATION STUDIES – the study and understanding of the ways humans develop, collect, disseminate, and transfer information through symbols. It includes the study of interpersonal relationships, small group communication, organizational communication, public speaking, debates, performance and production of live theatre, etc. **Related careers** can include journalist, media specialist, lecturer, speechwriter, educator, actor, film or television producer, and director.

COMPUTER SCIENCE – study of the design of computers, computer languages, and research into new ways to use computers. It includes, management, analysis, and dissemination of information via computers. **Related careers** can include software engineer, systems analyst, technical writer, entrepreneur, and operations manager.

CRIMINAL JUSTICE – the study of criminal justice and criminology enabling students to gain a broad understanding of crime and the criminal justice system. Students take courses in the five broad areas identified by the Academy of Criminal Justice Sciences as essential to criminal justice education: (1) criminal justice and juvenile justice processes, (2) criminology, (3) law enforcement, (4) law adjudication, and (5) corrections. **Related careers** can include adult and juvenile corrections, federal, state and local law enforcement, court and legal careers, security and investigation.

EARTH SCIENCES – the study of the physical aspects of the earth and the universe. Studies include the movement of continents, the eruption of volcanoes, the science of earthquakes, the study of rocks, minerals, fossils, rivers, mountains, oceans, and energy resources. **Related careers** can include environmental scientist, seismologist, educator, astronomer, hydrologist, metallurgist, mining engineer, petroleum engineer, paleontologist, and cartographer.

ECONOMICS – the study of production, consumption, and distribution of goods and services. It attempts to clarify how the use of natural, technological, and financial resources affects the lives of humans. **Related careers** can include actuary, city manager, financial planner, IRS agent, political scientist, economist, and educator.

EDUCATION (early childhood, elementary, secondary, special education) – the study of how human beings teach, learn, and develop knowledge. **Related careers** can include adult education teacher, business teacher, Director of Student Affairs, elementary teacher, 4-H agent, secondary teacher, special education teacher, speech language pathologist, textbook writer, trainer, and tutor.

ENGLISH – the study of the way written and spoken language takes form and the techniques for using it effectively. Students learn to read and listen to their own writing and speaking, to evaluate the speaking and writing of others, and to express their ideas and statements coherently. **Related careers** can include freelance writer, journalist, lawyer, lexicographer, linguist, playwright, proofreader, reporter, speechwriter, columnist, editor, publisher, and educator.

GEOGRAPHY – the study of the interrelationship between the earth and its people. It focuses on climate, land, water, space, mineral resources, population, changes in environment, and how people adapt to them. **Related careers** can include cartographer, climatologist, ecologist, environmental scientist, oceanographer, meteorologist, soil conservationist, urban planner, and landscape architect.

GEOLOGY – the study of the earth's structure, composition, and history. It includes the study of rocks, minerals, fossils, rivers, mountains, oceans, and energy resources. **Related careers** include metallurgist, mining engineer, petroleum engineer, paleontologist, seismologist, hydrologist, environmental scientist, and cartographer.

HEALTH STUDIES – involves the use of systematic strategies to improve health knowledge, attitudes, skills and behaviors. Health educators work in schools, public health agencies, voluntary nonprofit organizations, hospitals, colleges and universities, business and industries.

HISTORY – the study of major social, political, cultural, and economic events of the past. It helps us plan the present and future more effectively. **Related careers** can include archeologist, archivist, educator, judge, lawyer, librarian, political scientist, curator, biographer, historian, public administrator, and journalist.

MANAGEMENT – the study of coordination, implementation, promotion, supervision, and directing of the activities of individuals, organizations, and businesses. It includes the study of methods of operation, sales and marketing, finance and budget, personnel, property, and equipment manager. **Related careers** include advertising executive, accounting, bank president, CEO, finance, human resources specialist, public relations specialist, purchasing agent, and sales manager.

MATHEMATICS – the study of quantitative relationships expressed in numbers and symbols. It includes the formulation, testing, interpretation, and practical applications of mathematical concepts and theories. **Related careers** include accountant, actuary, appraiser, bank officer, computer programmer, market research analyst, statistician, meteorologist, financial planner, and educator.

MUSIC – provides a solid foundation in music history, theory, and performance within a liberal arts context. It prepares students to pursue a variety of academic and professional interest, including graduate study in music. **Related careers** include educator, vocalist, musicologist, conductor, and instrumentalist.

PHILOSOPHY – the study of how the great minds of the past and present have answered the most serious questions of the universe. It includes morality, ethics, reality, perception, knowledge, aesthetics, and existence. **Related careers** include college administration, diplomat, judge, lawyer, minister, lobbyist, public administrator, FBI/CIA agent, and arbitrator.

PHYSICAL EDUCATION – the study of athletic training, coaching, health, exercise science, recreation, motor development therapy, and programs for children and youth. **Related careers** include educator, coach, athletic trainer, physical therapist, dancer, and recreation director.

PHYSICS – the study of matter and the way it interacts with energy (heat, light, sound, electricity, and magnetism). **Related careers** include aerospace engineer, biophysicist, metallurgist, nuclear engineer, physicist, seismologist, astrophysicist, geophysicist, and meteorologist.

POLITICAL SCIENCE – the study of government at every level. It focuses on how people organize, administer, and operate the institutions that govern, and includes political parties, public opinion, elections, international relations, and the presidency. **Related careers** include campaign work, diplomat, city manager, government worker,

judge, lawyer, politician, urban planner, lobbyist, labor relations specialist, and political consultant.

PSYCHOLOGY - the study of human behavior. It seeks to understand and explain normal and abnormal behavior, mental ability, perception, development, and individual differences. **Related careers** include employment counselor, guidance counselor, human resource manager, industrial psychologist, mental health worker, minister, psychiatrist, and vocational rehabilitation counselor.

SOCIAL WORK - prepares students to assist people in society who are unable to cope with serious interpersonal and social problems. The student will be trained to help people in areas such as drug abuse, juvenile delinquency, unemployment, mental illness, family problems, and disabilities. **Related careers** include welfare worker, community service agency director, social worker, marriage counselor, medical social worker, mental health worker, probation officer, school social worker, and vocational rehabilitation counselor.

SOCIOLOGY - the study of how people behave in social groups: families, tribes, communities, and governments. It includes the analysis of social, political, religious, and business organizations to see how they influence society. It investigates the causes of social problems such as racism, crime, divorce, and poverty. **Related careers** include caseworker, criminologist, demographer, gerontologist, probation officer, public administrator, and social worker.

SPANISH - the study of language to improve one's ability to communicate. It develops cultural awareness and sensitivity and promotes an appreciation for other cultures. **Related careers** can include diplomat, bilingual educator, Foreign Service Officer, news correspondent, translator, travel agent, missionary, linguist, and import/export agent.

THEATER AND DANCE - A program that prepares individuals to teach drama and/or dance programs at various educational levels, the general study of dance and dramatic works and their performance. **Related Careers** Actor/Actress, Casting Director, Choreographer, College or University Professor, Dancer, Exhibit Designer, Radio & TV Announcer, Teacher, Singer and Talent Agent.



Understanding Careers

A variety of resources are available to investigate careers and their relationship to majors.

To start, visit our VAULT On-Line Career Library. Here you will find a wealth of career exploration and job search resources available 24/7. Read articles on top jobs for your major, watch videos on company profiles, read blogs with tips and advice and much more!

The Occupational Outlook Handbook is an annual publication produced by the U.S. Department of Labor. This resource outlines nearly every category of occupations and gives solid career information such as nature of the work, job outlook, job training and requirements as well as salary information. This resource also gives suggestions for other related occupations or career clusters. You may view this as a link from our web page.

Some of our favorite career exploration sites include:

O*Net, The Occupational Information Network
<http://online.onetcenter.org>

Massachusetts Career Information System
www.masscis.intocareers.org

Occupation Outlook Handbook
<http://stats.bls.gov/oco>

Hoover's Online
<http://www.hoovers.com>

Vault Online Career Library
<http://careerinsider.vault.com/wps/portal/careerinsider?parrefer=789>

Wetfeet.com

What Color is Your Parachute?
<http://www.jobhuntersbible.com>