



S.T.E.M.M

Congratulations on deciding to take action & become educated about majors at Mason! We are sure that you will become much more prepared in making this important decision if you follow these simple steps in a timely fashion. We suggest having the steps complete by the end of your sophomore year.

This packet was designed to help guide you on your quest to decide on a major. The activities in this packet will walk you through the appropriate steps, in order, and direct you to resources as you work through the parts. Use the timeline below and create a goal date for each step. Use the checkbox to keep track of the steps you completed.

Remember that at any point in the exploration process, you may speak with an academic advisor about your progress and to ask any questions you may have. Also remember that you will get the most out of this program if you take your time and put thought and care into the steps.

We look forward to assisting you through your time as an exploring student!

STEPS TO EXPLORING MASON MAJORS

Suggested Timeline for Step Completion	Check box as you complete each step	Major Exploration Activity
STEP 1: By End of Second Semester Goal Date: _____	⇒	<input type="checkbox"/> Self Assessment: Parts 1– 6 in your <i>STEMM</i> packet
STEP 2: By End of Second Semester Goal Date: _____	⇒	<input type="checkbox"/> Make an appointment with your advisor to discuss your top majors & bring your <i>STEMM</i> packet (3500 SUB I, 703-993-2470)
STEP 3: By Mid Third Semester Goal Date: _____	⇒	<input type="checkbox"/> Major Analysis Worksheet: Part 7, page 1 for all top majors in your <i>STEMM</i> packet
STEP 4: By End of Third Semester Goal Date: _____	⇒	<input type="checkbox"/> Major Analysis Worksheet: Part 7, pages 2, 3 & 4 for all top majors in your <i>STEMM</i> packet
STEP 5: By End of Fourth Semester Goal Date: _____	⇒	<input type="checkbox"/> Make an appointment to speak with a career counselor to discuss career interests within your top majors (3400 SUB I, 703-993-2370)
STEP 6: By End of Fourth Semester Goal Date: _____	⇒	<input type="checkbox"/> Make an Appointment with your advisor to declare your major! (3500 SUB I, 703-993-2470)

One of the very first things a student should do before starting the major exploration process is to find the truth about what a major is, and what it is not. Students have many pre-conceived notions about majors and the first step is to confront these notions. View the link below and then answer the questions BEFORE moving on to the next section.

http://advising.gmu.edu/current_students/Myths_About_Majors.pdf

- 1.) Everyone but me is certain of their major. ➡ TRUE / FALSE
- 2.) Once I declare my major I will be stuck with it. ➡ TRUE / FALSE
- 3.) I should study the job market and select a major based on the careers that show the most rapid growth. ➡ TRUE / FALSE
- 4.) I should choose a major that directly relates to my chosen career. ➡ TRUE / FALSE
- 5.) There is no test or expert that can tell me what I should do for the rest of my life. ➡ TRUE / FALSE
- 6.) I can get into most law, medical and professional schools with any major. ➡ TRUE / FALSE
- 7.) If I major in History I'll have to teach it because there are no other job opportunities for liberal arts majors. ➡ TRUE / FALSE
- 8.) I have to take a variety of classes to help me decide on a major. ➡ TRUE / FALSE
- 9.) If I have several interests I can incorporate many of them into my college education. ➡ TRUE / FALSE
- 10.) It is best that I put off declaring a major until I have all of the information. ➡ TRUE / FALSE

Directions: 1.) Review the activities in each interest section and check the box next to the activities that **interest** you. It is important that you **do NOT consider your skills** in this activity, just consider your interest. **2.)** Count the number of boxes you checked in each category and write the number in the shaded box in the bottom, right hand corner of each interest area.

REALISTIC interests

- Use carpentry tools to build items with wood
- Plant a garden
- Repair stereos, computers or small appliances
- Refinish antique furniture
- Hunt or fish
- Raise or train animals
- Work independently, solving concrete, practical problems
- Develop film in a darkroom
- Spend time browsing in a hardware store
- Serve in the military
- Repair or tune-up bikes, cars, or motorcycles
- Operate a sewing machine
- Drive a bus or truck or operate large machines

INVESTIGATIVE interests

- Collect data for an experiment
- Analyze and solve abstract problems
- Play chess or other strategy games
- Use a microscope or telescope
- Develop a survey for a research project
- Observe behavioral or scientific phenomena
- Compare and analyze budget figures
- Use or discuss computers and software
- Work in a laboratory
- Read scientific books/magazines, watch scientific TV programs
- Read and solve mysteries
- Work with a chemistry set
- Solve math problems or quizzes

ARTISTIC interests

- Design posters, flyers or brochures
- Take photographs
- Work independently in an unstructured environment
- Conceptualize new ways to solve problems or accomplish tasks
- Sketch, draw, paint or sculpt
- Read or write poetry
- Dance or act in a play
- Attend a play, opera or concert
- Read articles or watch movies with an artistic or musical theme
- Write creative stories for fun
- Visit an art museum
- Play a musical instrument
- Design a dress, piece of jewelry or furniture

SOCIAL interests

- Work on group projects
- Lead a discussion on social justice
- Chaperone a youth group dance
- Entertain your friends in your home
- Do volunteer work to benefit the elderly, needy or sick
- Listen to your friends' personal problems & try to help
- Learn about different cultures and groups of people
- Meet and get to know new people
- Teach a class
- Help someone new become acquainted with others
- Belong to clubs or attend conferences & networking meetings
- Provide care for children
- Take a course in interpersonal relations

ENTERPRISING interests

- Make a speech or presentation
- Meet influential people
- Lead a work project or committee
- Sell items or services
- Participate in a political campaign
- Help settle disputes
- Be a member of the debate team
- Own or operate a small business or service
- Manage a fund raising campaign for an organization
- Entertain business clients
- Serve as a club officer
- Supervise a staff of people
- Persuade others to accept your ideas

**CONVENTIONAL interests**

- Develop and follow efficient work routines
- Organize items in your room, garage, office
- Take or keep an inventory of supplies
- Make charts or graphs
- Balance a checkbook or manage personal finances
- Operate computers and other business machines
- Collect and organize items such as stamps, coins, baseball cards
- Work with numbers and financial data
- Write business letters, memos or reports
- Reorganize a filing system to make it more efficient
- Keep books/records for a club
- Take the minutes of a meeting
- Fill out income tax forms



Review the categories that you have checked the most interests. Identify your first, second, and third most interesting categories and record them in the spaces below. (Example: Record **A S E** if you had the most interests in the **A**rtistic category, followed by the **S**ocial category and then **E**nterprising category). If you have a tie in any of your top 3 categories, write them in the order that you feel is closest to your interest area.

FIRST _____ **SECOND** _____ **THIRD** _____

THESE ARE YOUR TOP **INTEREST** AREAS

Directions: 1.) Place a checkmark next to all the **skills you possess** in each category. 2.) Count the number of boxes that you checked in each skills category and write that number in the shaded box in the bottom, right hand corner of each skills area. Notice that not all areas have the same amount of skills available to check. Keep this in mind when reviewing your top skills area.

REALISTIC skills

- Constructing: putting together parts, assembling, building
- Cultivating: raising or growing things such as plants or animals
- Designing: creating furniture, models, patterns
- Handling: lifting, balancing, carrying, loading, moving
- Inspecting: appraising, examining
- Installing: positioning for use
- Maintaining: preserving optimal condition
- Manual Coordination: dexterity
- Motor Coordination: agility, endurance, strength
- Operating: controlling a tool, machine, vehicle or equipment
- Repairing: fixing, refinishing
- Sensing: smelling, tasting, seeing, hearing

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INVESTIGATIVE skills

- Thinking: using logic and reason, formulating creative possibilities
- Conceptualizing: getting a general idea based on what you have learned
- Diagnosing: investigating & analyzing the course of nature or a phenomenon
- Evaluating: assessing or judging information and alternatives
- Examining: looking over, exploring
- Informing: presenting information through oral or written communication, assigning meaning, translating into familiar terms
- Predicting: anticipating or foreseeing future events
- Problem solving: identifying possibilities & alternatives, developing solutions
- Questioning: interrogating, interviewing, challenging
- Researching: gathering data, systematically investigating
- Synthesizing: combining and integrating information
- Analyzing: critically examining, studying, appraising
- Understanding: perceiving meaning, learning

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ARTISTIC skills

- Appreciating: being critically & emotionally aware of aesthetic value
- Composing: arranging or forming by uniting parts and elements
- Creating: originating, inventing
- Decorating/Consulting: advising others on artistry, color, form, arrangement of interiors, clothing, accessories
- Designing: conceiving & planning jewelry, graphics, models, patterns
- Speaking/Singing: using voice to entertain, inform, tell a story, dramatize
- Writing: using words to tell a story, describe a product, critique an artistic event
- Entertaining: performing before an audience, diverting, amusing
- Exhibiting: displaying, demonstrating
- Exploring: seeking new experiences, showing perpetual curiosity
- Expressing: conveying thoughts and feelings through an artistic medium
- Producing: making a product in art or craft form, writing, performing
- Imagining: visualizing, forming mental images
- Drawing: sketching, painting, illustrating

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SOCIAL skills

- Advising: giving information, consulting, aiding decision making
- Collaborating: work as a team member, maintaining cooperation & support
- Communicating: exchanging thoughts and information, interviewing
- Coordinating: acting as a liaison, putting others in touch with useful resources
- Valuing: making decisions that will maximize both individual & collective good
- Empathizing: understanding & acknowledging the feelings of others
- Encouraging: motivating and developing the capabilities of others
- Giving/Getting feedback: conducting appraisal of others, asking for & giving supportive & critical feedback
- Listening: attending to others actively, accurately & with openness & concern
- Planning: arranging meetings, social occasions, activities
- Rehabilitating: restoring to healthy functioning
- Relating: meeting & associating easily with all kinds of people, developing trust & rapport
- Serving: anticipating and attending to the needs of others
- Teaching: instructing, tutoring, coaching, training others
- Counseling: guiding or mentoring others
- Facilitating: assisting the progress of a person or group

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ENTERPRISING skills

- Administering: managing people & projects by setting standards, choosing priorities, assigning activities, evaluating progress
- Delegating: giving responsibility to others appropriately
- Implementing: establishing and executing policies & procedures
- Leading: taking initiative, advancing ideas, directing action
- Motivating: prompting action, providing incentive, inspiring & encouraging others
- Negotiating: promoting resolution of conflict, arbitrating, bargaining
- Persuading: winning acceptance & approval for ideas or products, selling, advocating, raising funds
- Planning/Forecasting: designing long-range strategies based on predictions of the direction of growth & opportunities
- Risking: hazarding change, promoting alternatives, troubleshooting
- Speaking: communicating publicly & persuasively, representing or acting as a spokesperson
- Staffing: recruiting, interviewing, selecting, placing, promoting and transferring personnel
- Supervising: overseeing the performance of others, disciplining, setting priorities
- Team building: recognizing & utilizing the skills, of others, organizing and supporting cooperative efforts

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CONVENTIONAL skills

- Auditing: examining and verifying accounts and records
- Calculating: using numbers & performing accurate computations
- Classifying: cataloging information, coding, filing
- Collecting: gathering data and information
- Developing: designing systematic procedures
- Evaluating: assessing the effectiveness of procedures, accuracy of information & compliance with standards
- Following procedures: attending to detail, following through on the details of a plan
- Inventorying: counting, listing, assigning value to articles
- Keeping records: carefully recording and listing, keeping books
- Managing resources: planning and managing finances, time, personnel, materials
- Operating: running business and data-processing machines
- Organizing: organizing information, procedures, tasks
- Preparing: producing budgets, written reports, correspondence, maps, charts, tables
- Purchasing: finding and buying resources and materials
- Scheduling: making and keeping a schedule

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3.) What categories do you feel reflect your skills the best based on what you have checked in each category? Please enter you top three categories here:

First _____ **Second** _____ **Third** _____

THESE ARE YOUR TOP **SKILLS** AREAS

Below are descriptions of the six categories from the **Interest and Skills** assessments you just completed. These “themes” are based on John Holland’s theory that the choice of a vocation is an expression of personality and that the six factor typology he articulated could be used to describe both *persons* and *work environments*. Further more, Holland says people who choose careers that match their own type are most likely to be both satisfied and successful. Please read over your top categories based on the results of your interest and skills assessments. Put a check mark next to those categories that you possess **both interest AND skill**.

- REALISTIC (Expresses interests and solves problems by Doing)** - Enjoys working with machines, tools, objects and animals. Practical, reserved and physical. Likes to work outdoors on concrete problems and see tangible results. Related occupations include some engineering specialties, construction, cartographer, agriculture, skilled crafts, sports, wildlife management, mechanic, forester, some military jobs and oceanographer. Possible majors might include astronomy, recreation resource management, computer engineering, archaeology and geography. Student activities that may be appealing include ROTC, intramural and club sports, the Geo Club and event production activities.
- INVESTIGATIVE (Expresses interests and solves problems by Thinking)** - Enjoys researching, exploring ideas, collecting data, analyzing, inquiring and using instruments. Methodical, original and logical. Related occupations include medical technologist, physician, technical writer, veterinarian, scientists, systems analyst, college professor, sociologist and biologist. Possible majors might include psychology, biology, chemistry, computer science, earth systems science, mathematics, film and media studies, and economics. Student activities that may be appealing include Honors committee, Biology Club, student engineering organizations and student government.
- ARTISTIC (Expresses interests and solves problems by Creating)** - Enjoys being original, independent, introspective, self-expressive, innovative and unstructured. Develops skills in music, art, drama, language and writing. Related occupations include musician, photographer, writer/editor, drama/dance/English teacher, architect, account executive, lawyer and promoter. Possible majors might include art studio, art history, communication, philosophy, English, music, theater, dance and religious studies. Student activities that may be appealing include Program Board, student publications, Broadside, GM View, Mason Cable Network, Storytellers Club and Music Educators National Conference.
- SOCIAL (Expresses interests and solves problems by Helping)** - Enjoys working with people to inform, train, enlighten or cure. Perceptive, responsible, empathic, patient and responsible. Occupations of interest include nursing, teaching, counseling, clinical psychologist, health educator, social worker, recreation director, police officer, city manager and community planner. Possible majors include psychology, social work, public policy, public administration, nursing, administration of justice, philosophy, history, and government and international politics. Student activities that may be appealing include sororities and fraternities, campus ministry, peer advisors, Mason ambassadors, orientation leader, resident advisor and activist clubs.
- ENTERPRISING (Expresses interests and solves problems by Persuading)** - Seeks to use mind, words and feelings in dealing with people to motivate, persuade, manage and sell things or promote ideas. May like taking personal or financial risks. Assertive, sociable, ambitious, enthusiastic, influential and goal oriented. Related occupations include business executive, buyer, realtor, many sales and management positions, chef, TV producer, stockbroker, and urban planner. Possible majors may include finance, marketing, public relations, urban studies, business administration, sociology, pre-law and communication. Student activities that may be appealing include student funding board, debate team, forensics team, model United Nations, American Marketing Association, Society for the Advancement of Management and activist clubs.
- CONVENTIONAL (Expresses interests and solves problems by Organizing)** - Enjoys activities that permit organization of information in a clear, orderly manner. Likes structured settings. Detail-oriented, responsible and conforming. Related occupations include tax consultant, business teacher, statistician, some accounting jobs, bank examiner, internal auditor, inventory controller, medical records technician and administrative assistant. Some possible majors may include accounting, computer science, decision sciences and management information systems, linguistics, health systems administration and legal studies. Student activities that may be appealing include Accounting Club, Student Government, DMIS Club and Student Elections Commission.

Questions to ask yourself about Part 2 and Part 3:

1.) Do the descriptions of your top interests and skills categories describe you well? Why or why not?

2.) Is there a different category or categories that you feel describe your interests or skills better? If so, what are they?

3.) Did any of your categories overlap between your interests and your skills? If not, how would you deal with this discrepancy?

4.) Which ONE category do you feel most reflects you, regardless of which category came out on top?

5.) Can you think of some careers that may fit into your top categories and would be of interest to you?

To learn more about Holland's career theory or to take a formal assessment that is based on his theory, please visit or call Career Services. They are located in 3400 SUB I and you can reach them by phone at 703-993-2370. Please note there is a small charge for the formal assessments.

This is the entire list of majors at Mason organized by college. This activity is intended to help you eliminate majors that are of no interest to you and focus on majors that are interesting. There are probably some majors that you KNOW, just by the title, are of no interest to you. Scroll down the list of majors and cross these majors off. You are going to notice that there are also many majors that you are not familiar with, keep these on the list for further exploration. Circle or highlight those majors that appeal to you the most.

COLLEGE OF SCIENCE:

Astronomy (BS, BA)
 Biology (BS, BA), *Concentrations in:*
 Biology Education (BA, BS)
 Biotechnology & Molecular (BS)
 Environmental and Conservation (BS)
 Marine and Freshwater Biology (BS)
 Microbiology (BS)
 Chemistry (BS, BA, Minor), *Concentrations in:*
 Biochemistry (BA, BS)
 Chemistry Education (BS)
 Computational and Data Sciences (BS), *Concentrations in:*
 Physics, Biology or Chemistry
 Earth Science (BS), *Concentrations in:*
 Earth Surface Processes
 Environmental Geoscience
 Geology
 Earth Science Education
 Oceanography & Estuarine Studies
 Atmospheric Sciences
 Environmental Science (BS), *Concentrations in:*
 Aquatic Ecology
 Conservation
 Ecological Science
 Environmental Health
 Human & Ecosystems Response to Climate Change
 Forensic Science (BS)
 Geography (BS, BA)
 Geology (BA)
 Global and Environmental Change (BS)
 Mathematics (BS, BA), *Concentrations in:*
 Actuarial(BS)
 Applied (BS)
 Education (BA or BS)
 Medical Technology (BS)
 Physics (BS)

COLLEGE OF VISUAL AND PERFORMING ARTS:

Art and Visual Technology (BA, BFA), *Concentrations in:*
 Digital Arts
 Graphic Information Design
 Interdisciplinary Arts
 Painting
 Drawing
 Photography
 Printmaking
 Sculpture
 Computer Game Design (BFA)
 Dance (BA, BFA)
 Film and Video Studies (BA)
 Music (BA)
 Music, Concentration in Jazz (BM)
 Music Composition (BM)
 Music Education (BM)
 Music Performance (BM)
 Theatre (BA, BFA), *Concentrations in:*
 Design & Technical Theatre
 Performance (Acting & Directing)
 Playwriting & Dramaturgy
 Teaching Theatre
 Theatre Studies

COLLEGE OF HEALTH AND HUMAN SERVICES:

Community Health (BS) *Concentrations in:*
 Global Health
 Health Education
 Nutrition
 Pre-Health Professions
 Health Administration (BS), *Concentrations in:*
 Assisted Living Administration
 Health Systems Management
 Nursing (BSN)
 Social Work (BSW)

COLLEGE OF EDUCATION & HUMAN DEVELOPMENT:

Athletic Training & Education (BS)
 Health & Physical Education (BSEd)
 Health Promotion (BS)
 Kinesiology (BS)
 Park Recreation & Leisure Studies (BS)
 Sport Management (BS)
 Therapeutic Recreation (BS)
 Tourism & Events Management (BS), *Concentrations in:*
 Events Management
 Hospitality Management
 Tourism Management

SCHOOL OF MANAGEMENT:

Accounting (BS)
 Finance (BS)
 Information Systems & Operations Management (BS)
 Management (BS)
 Marketing (BS)

VOLGENAU SCHOOL OF ENGINEERING:

Applied Computer Science (BS), *Concentrations in:*
 Bioinformatics
 Game Design
 Geography
 Software Engineering
 Bioengineering (BS)
 Civil and Infrastructure Engineering (BS)
 Computer Engineering (BS)
 Computer Science (BS)
 Electrical Engineering (BS)
 Information Technology (BS), *Concentrations in:*
 Data Base Technology & Programming
 Information Security
 Network & Telecommunications
 Web Development & Multimedia
 Systems Engineering (BS)

COLLEGE OF HUMANITIES AND SOCIAL SCIENCES:

Anthropology (BA)
 Art History (BA)
 Communications (BA), *Concentrations in:*
 Journalism
 Public Relations
 Media Production & Criticism
 Persuasive & Political Discourse
 Interpersonal & Organizational Communication
 Conflict Analysis and Resolution (BA, BS), *Concentrations in:*
 Interpersonal
 Community & Organizational
 International
 Criminology, Law & Society (BS), *Concentrations in:*
 Criminal Justice
 Law & Society
 Homeland Security & Justice
 Economics (BA, BS), *Concentrations in:*
 Managerial Economics (BS)
 English (BA), *Concentrations in:*
 American Literature
 Creative Writing
 Cultural Studies
 Drama
 Fiction
 Film & Media Studies
 Folklore, Mythology & Literature
 Linguistics
 Medieval & Renaissance
 Modern British Literature
 Writing & Rhetoric
 Poetry
 World Literature
 English with a Comparative Literature Emphasis (BA)

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COLLEGE OF HUMANITIES AND SOCIAL SCIENCES Cont.:

Environmental & Sustainability Studies (BA)) *Concentrations in:*

- Climate Change & Society
- Environmental Economics
- Environmental Policy & Politics
- Equity & Environmental Justice

French (BA)

Global Affairs (BA), *Concentrations in:*

- Global Communications & Technology
- Global Governance
- Global Economy & Management
- Global Inequalities & Responses
- International Development
- The Environment
- World Arts
- Individualized
- Africa
- Asia
- Europe
- Latin America
- North America
- Middle East & North Africa
- Russia & Central Asia

Government and International Politics (BA), *Concentrations in:*

- American Politics
- Political Theory & law
- International & Comparative Politics
- Public Policy & Administration

History (BA)

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Integrative Studies (BA, BS), *Concentrations in:*

- Advertising
- Arts & Culture
- Child & Family Studies
- Conservation Studies
- Education
- Information & Society
- International Studies
- Leadership Studies
- Legal Studies
- Life Science (Pre-Health Concentrations)
- Organizational Administration
- Public & Community Engagement

Latin American Studies (BA)

Neuroscience (BS)

Philosophy (BA), *Concentrations in:*

Law

Psychology (BA, BS)

Public Administration (BS)

Religious Studies (BA)

Russian & Eurasian Studies (BA), *Concentrations in:*

- Eurasian Studies
- Russian language & Culture
- Russian Studies

Sociology (BA), *Concentrations in:*

- Childhood & Youth
- Culture
- Deviance, Crime, & Social Control
- Global Sociology
- Inequality & Social Change

Spanish (BA)

Write in your top categories from Part 3 here:

The majors and pre-health tracks at Mason are organized according to the six categories you have used to identify your interests and skills in Parts 2 & 3. These majors/programs often appeal to students with interests and/or skills in that particular category. Below you will find the six categories from Parts 2-4. Review the majors in each of your top interest/skills categories (as identified in part 4) and circle any that appeal to you within those categories. During this exercise, don't worry about the majors that you circled in part 5. We will go back to these later.

Please note: The **order** of the category letters provides a broad estimate of the concentration of activities related to that area of study. For example, if a category code is (IR) that means that while activities in that major are related to both Investigative and Realistic categories, there is more of an emphasis on Investigative than Realistic. Additionally, there are most likely other categories that exist in the activity, just at a lesser extent.

REALISTIC areas of study

Accounting (CRS)	Information Technology (RIE)	Forensic Science (ICR)
Anthropology (IRE)	Physical Education (SER)	Geology (IRE)
Mathematics (IER)	Computational & Data Sciences (IR)	Kinesiology (SIR)
Astronomy (IRE)	Global & Environmental Change (IRE)	Geography (IRE)
Biology (IRE)	Pre-Medicine (IRS)	Physics (IRE)
Chemistry (IRE)	Neuroscience (IRE)	Earth Science (IRE)
Engineering (IRE)	Pre-Dental (ISR)	Athletic Training (SRE)
Park Recreation & Leisure Studies (SRE)	Sport Management (ERS)	Finance (ESR)
Computer Game Design (IRC)	Dance (AER)	Criminology, Law & Society (ESR)
Computer Science (IRE)	Environmental Science (IRE)	Pre-Veterinarian (IRS)
Tourism/Hospitality (ERA)		

SOCIAL areas of study

Criminology, Law & Society (ESR)	Finance (ESR)	Health Administration (ESC)
Conflict Analysis & Resolution (SEI)	Marketing (ESC)	Medical Technology (ISA)
Russian & Eurasian Studies (ASE)	Management (ESC)	Public Administration (ESC)
Government & International Politics (SEI)	History (SEI)	Physical Education (SER)
Latin American Studies (AIS)	Pre-Law (ESI)	Social Work (SEC)
Pre-Physical Therapy (SIE)	Theatre (ASE)	Kinesiology (SIR)
Global Affairs (ESI)	Nursing (SIA)	Philosophy (SAI)
Languages (ASE)	Psychology (SIE)	Park Recreation & Leisure Studies (SRE)
Pre-Medicine (IRS)	Pre-Dental (ISR)	Pre-Pharmacy (IES)
Economics (IAS)	Accounting (CRS)	Athletic Training (SRE)
Sport Management (ERS)	Religion (SAI)	Health Promotion (SAE)
Therapeutic Recreation (SEC)	Art History (AES)	Events Management (SEC)
AVT (AES/ASE)	Sociology (IES)	Communication (EAS)
Film and Video (AES)	Music (AES)	Community Health (SEA)
Pre-Physicians Assistant (ISA)	English (AES)	Pre-Veterinarian (IRS)

ARTISTIC areas of study

Art History (AES)	Communication (EAS)	Latin American Studies (AIS)
AVT (AES/ASE)	Dance (AER)	Community Health (SEA)
English (AES)	Economics (IAS)	Music (AES)
Theatre (ASE)	Languages (ASE)	Medical Technology (ISA)
Philosophy (SAI)	Religious Studies (SAI)	Film and Video (AES)
Health Promotion (SAE)	Nursing (SIA)	Russian & Eurasian Studies (ASE)
Pre-Physicians Assistant (ISA)	Tourism/Hospitality (ERA)	

ENTERPRISING areas of study

Criminology, Law & Society (ESR)	Management (ES)	Computer Science (IRE)
Government & International Politics (SEI)	Marketing (ES)	Music (AES)
Athletic Training (SRE)	Finance (ESR)	Global Affairs (ESI)
Information Systems Management (IEC)	Communication (EAS)	Mathematics (IER)
Pre-Physical Therapy (SIE)	Health Administration (ESC)	Community Health (SEA)
Conflict Analysis & Resolution (SEI)	Social Work (SEC)	History (SEI)
Public Administration (ESC)	English (AES)	Sociology (IES)
Russian & Eurasian Studies (ASE)	Anthropology (IRE)	Art History (AES)
Film and Video (AES)	Pre-Pharmacy (IES)	Pre-Law (ESI)
Park Recreation & Leisure Studies (SRE)	Health Promotion (SAE)	Physical Education (SER)
Psychology (SIE)	Languages (ASE)	Sport Management (ERS)
Theatre (ASE)	AVT (AES/ASE)	Dance (AER)
Engineering (IRE)	Information Technology (RIE)	Astronomy (IRE)
Chemistry (IRE)	Physics (IRE)	Biology (IRE)
Earth Science (IRE)	Geology (IRE)	Geography (IRE)
Global & Environmental Change (IRE)	Environmental Science (IRE)	Neuroscience (IRE)
	Events Management (SEC)	Tourism/Hospitality (ERA)

CONVENTIONAL areas of study

Accounting (CRS)	Public Administration (ESC)	Forensic Science (ICR)
Computer Game Design (IRC)	Health Administration (ESC)	Events Management (SEC)
Information Systems Management (IEC)	Management (ESC)	Marketing (ESC)
Therapeutic Recreation (SEC)	Social Work (SEC)	Health Administration (ESC)

INVESTIGATIVE areas of study

Anthropology (IRE)	Computer Game Design (IRC)	Environmental Science (IRE)
Astronomy (IRE)	Information Systems Management (IE)	Earth Science (IRE)
Biology (IRE)	Computational & Data Sciences (IR)	Economics (IAS)
Engineering (IRE)	Medical Technology (ISA)	Geography (IRE)
Kinesiology (SIR)	Information Technology (RIE)	Geology (IRE)
Computer Science (IRE)	Global & Environmental Change (IRE)	Psychology (SIE)
Nursing (SIA)	Forensic Science (ICR)	Neuroscience (IRE)
Physics (IRE)	Pre-Pharmacy (IES)	Sociology (IES)
Chemistry (IRE)	Pre-Medicine (IRS)	Mathematics (IER)
History (SEI)	Pre-Dental (ISR)	Conflict Analysis & Resolution (SEI)
Philosophy (SAI)	Government & International Politics (SEI)	Religious Studies (SAI)
Global Affairs (ESI)	Latin American Studies (AIS)	Pre-Law (ESI)
Pre-Veterinarian (IRS)	Pre-Physical Therapy (SIE)	Pre-Physicians Assistant (ISA)

Compare the majors that you circled in this activity with those you chose in part 5. Was there overlap in any of your choices? If so, list the majors below.

Narrow down the majors to your top 3 to 5 choices and write them below. Note that these majors do not have to come from your top three categories on this sheet. They can also come from those you identified in part 5. This exercise is just intended to help guide you.

1. _____
2. _____
3. _____
4. _____
5. _____

These will be the majors that you analyze in part six

STOP!

You completed parts 1-6 and are now ready to schedule an appointment to speak with your academic advisor to discuss your top majors and your next steps. Call 703-993-2470 to schedule your appointment.

Use your top 3-5 majors identified in Part 6 to complete your major analysis. Each major you analyze will need its own major analysis worksheet. You will need to make copies of this worksheet if you have more than 3 majors that you would like to analyze. The questions in this part will help to guide you in your major research. Follow the steps and use the resources provided to find more information about the major under analysis.

Major Under Analysis: _____

- Identify the requirements of this major. You can find the requirement sheets for each major on advising.gmu.edu/current-students/majors-at-mason
- Read the description of these required courses. The course descriptions can be found on catalog.gmu.edu under the heading "Courses"
- Identify how the major requirements fit with your interests and skills. Fill in table 1 with the positive and the negative.

1	Positive Major Traits	Negative Major Traits

- Read about the program of study and the professional field. Pay special attention to unique aspects of this program/major such as internships, research possibilities, clubs, concentrations, etc. You can find information about each major in the *Exploring Majors Sheets* found on advising.gmu.edu/current-students/research-majors. You can also find information about the majors on the department website. See the full list of majors and departments at academics.gmu.edu

2 Appealing Program/Field Traits	Unappealing Program/Field Traits

- Use the *Exploring Major Sheets* to help identify potential careers that this major helps prepare students to enter.
- Use the *additional resources* page at the end of your packet to find more information about your major/field and related careers. Find information such as daily duties, typical hours worked, salary, the job outlook for this career, etc. Ask a career counselor for help if needed.
- Conduct an informational interview with someone in an interesting career that is related to this field/major. Visit <http://www.career.fsu.edu/experience/information-interviews-guide.html> to learn more about informational interviews.
- Write what you find appealing and unappealing about careers in this field in table 3 on the following page.

3 Appealing Careers in this major	Positive aspects of this Career	Negative aspects of this career

- Identify potential graduate/professional program opportunities that this major would prepare you for and that would be of interest to you. Use Career Services and on-line resources to assist you in your research. Use table 4 to write down the information you find.

4 Professional/graduate programs of interest	Notes about this program
	→
	→
	→

- Based on your analysis, is this major still a possibility for you? Why or why not?

Congratulations! You have completed all the Steps to Exploring Majors!
Schedule an appointment with your academic advisor to discuss your major choices & declare your major.
Call 703-993-2470 to schedule an appointment.

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Here is a list of additional resources to aid in your major analysis. Please review these resources to help create a clearer picture of what the major you're reviewing is about, what you can do with that major, and occupational information.

Websites:

- <http://uncw.edu/STUAFF/CAREER/Majors/> What can I do with a major in...
- <http://www.onetonline.org/find/descriptor/browse/Interests/> Find occupations based on your Holland's code
- <http://www.onetonline.org/> Browse or search occupations to learn more about minimal qualifications, salary, & more
- <http://www.bls.gov/oco/home.htm> Career exploration through the Bureau of Labor Statistics
- <http://roadtripnation.com/explore/interests.php> Explore informational interviews by interest area
- <http://careers.gmu.edu/student/choose/> Career Services website

Videos:

- <http://www.collegemajors101.com/> A collection of videos on various academic majors

Campus Resources:

- Career Services Library in 3400 SUB I - You will find books related to all different careers and interest areas here
- Career Counselors - Schedule an appointment to discuss careers related to your interest areas. 703-993-2370
- Faculty - Set up an appointment to speak with a faculty member in the field you are interested