

Major/Career Decision Worksheet

This worksheet is designed to help students evaluate options and decide on a [major](#) OR career path. Before using this worksheet, it's helpful to use [self-assessments](#) and spend time reflecting on your interests, skills, values, personality, [strengths](#), and experiences. After [exploring](#) and identifying a few options, follow these steps:

1. In the order of importance, fill out characteristics you want in a major OR career (see next page for examples).
2. Add the majors OR careers that you are considering across the top of the chart.
3. Write an "X" in the white boxes where the major OR career matches your desired characteristics and write a "?" if you are unsure.
4. Gather additional info for the question marks: [Research online](#), create a pros & cons list, speak to faculty who teach that subject, [interview a person](#) who works in that field, job shadow, attend an event for exploring careers (see [Handshake events](#) or [MyOrgs](#)), or [explore resources in Handshake](#).
5. Review the chart to see which major OR career matches with your most important characteristics.
6. Meet with a career advisor or academic advisor for questions, if needed. Schedule appointments in [Navigate](#) or call 608-785-6950.

Importance Level	Characteristics I want in a major or career	Major/Career: (i.e. Biology or Biologist)	Major/Career:	Major/Career:	Major/Career:	Major/Career:
1		x				
2		x				
3		x				
4		?				
5						
6						
7		x				
8						
9		?				
10		x				

Example characteristics to look for in a major or a career

Note: Use the empty space below to record reflection answers. Customize worksheet as needed.

- Would enjoy the classes or nature of the work
- Classes or work match my top interests: _____, _____, and _____.
- Classes or work matches my top values: _____, _____, and _____.
- Classes matches my academic strengths: _____, _____, and _____.
- Classes or work matches my top strengths: _____, _____, and _____.
- Classes or work matches my current skills: _____ - _____
- Classes or work matches the skills I'm interested in gaining: _____
- Classes or work matches my personality: _____
- Matches my goals for my college experience or career goals: _____
- Outdoor or indoor work environment
- Teamwork or individual work environment
- Routine structure or dynamic work environment
- Opportunity for various career/job options
- Opportunity for graduate school
- Occupation only requires a bachelor degree
- Growing field/industry
- Opportunity for advancement
- Opportunity to specialize in my field
- Opportunity for continuous learning and growth
- Acceptable income earning potential: salary ranging from \$_____ to \$_____
- School/work/life balance