

How to Choose a Major You'll Love:

What do I already know about myself, my interests, and my strengths?

1. Reflect:
 - What topics do you find yourself thinking, talking, or reading about?
 - What classes have you previously enjoyed?
 - What life experiences have impacted you?
 - In what areas in and out of school have you excelled?
2. Ask friends and family for their impressions of your strengths.
3. Take the free [PathwayU](#) assessment to explore some of your interests, values, and strengths – then see which majors and career fields you are matched with. Available online from the UVA Career Center!

What can I do to explore my interests?

1. Browse all undergraduate classes by subject in SIS. If you are unfamiliar with a subject be sure to explore it! Notice which departments have the most classes that interest you.
2. Enroll in a variety of courses each semester to explore different subjects and departments. Use January term and/or summer sessions for extra time!
3. Conduct an informational interview with someone who has a job that sounds interesting. This gives you an insider's perspective into that job, company and/or industry. Be sure to ask people what they studied/wished they had studied in college! [Visit this page](#) from the UVA Career Center for more information, sample questions and more. The Career Center can also help to connect you with alumni in your field of interest.

What are my career goals?

Remember major does not equal career: in a survey of UVA Arts & Sciences graduates, only 27% reported a direct connection between their major and current career. Although a handful of careers do require a specific major, most employers are open to hiring candidates from diverse degrees and backgrounds. In fact, a major is only one factor in determining your future job prospects: often your electives, activities, experiences, and skills reveal more about who you are to employers! And these are the things that fill out your resume.

1. Meet with an [Exploration Career Counselor](#) or Career Peer Educator in 1515 University Ave, Mon-Fri, 12-4pm.
2. Prioritize ways to gain experience and pursue your interests outside of the classroom as well, whether through internships, volunteer experience, work experience, leadership opportunities or more. Your professors, advisors, and the UVA Career Center can help you brainstorm strategic ways to do this!

What can I do to explore possible majors?

1. Read the departmental website to read more about the major requirements. Be sure to read required upper-level (3000 and 4000-level) course descriptions. Can you imagine yourself enjoying most (approximately 7-10) of them? If so – that's a good sign! If not – then keep looking!
2. Email a professor to ask to visit a class or review a syllabus for a subject area that interests you.
3. Contact departments directly to learn more about the department and major. Use the "How to Get to Know a Major" questions on the back!
4. Map out remaining coursework required to complete the major over the next few years. You can use a basic semester by semester spreadsheet and the "What-if Report" in SIS to see what requirements you may have already satisfied. Does this look like a schedule you can enjoy and be successful with? Are you still able to pursue other interests as well?
5. Gather advice from multiple people as you consider your major and your academic plans. There may be other opportunities related to your interests that you have not yet considered!