

Steps in the Decision-Making Process

(With special focus on deciding a best fit major)

1. Gather Information (Explore)

- About Yourself – personality type, personal and work Interests, personal and work values, academic strengths & transferrable skills (Use My Plan assessments, in-class activities, reflection papers, etc.)
- About Majors – faculty presentations, your own research, meeting with your Exploratory advisor
- About Occupations- Occupational Outlook Handbook website, job-shadowing, informational interviews

2. Integrate the Information (Discover)

- How does the information that you have gathered about each major fit, or not fit with, the items below?
 - your personality type
 - your personal and work interests
 - your personal and work values
 - your academic strengths, and your transferrable skills
 - your occupations of interest

**** In other words, clarify and narrow your options by looking at the pros and cons of each major in light of what you know about yourself and your occupations of interest. You will be moving back and forth between steps 1 and 2 until you can move on to step 3.**

3. Make your decision (Decide)

- Now that you have integrated your information and clarified and narrowed your options, choose the major that fits you best. Keep in mind, are you a “Thinker” or a “Feeler” (how do you make decisions). Could your decision-making style be more balanced?
- You may want to have a list of 1st, 2nd and 3rd best decision options.

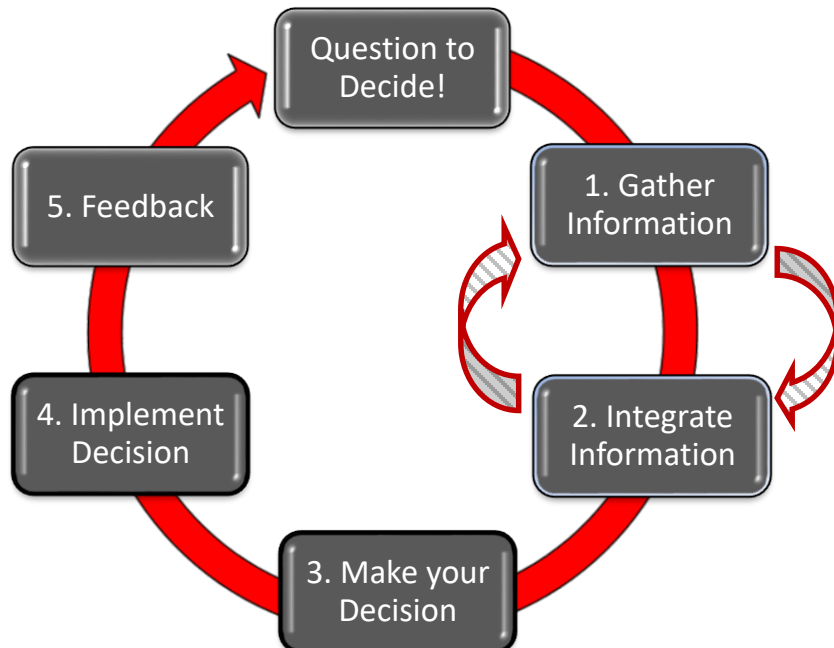
4. Implement Your Decision (Declare)

- Write your Academic Plan and set goals and action steps to follow through on that plan!
- Meet with you Academic Advisor to decide how and when to declare your major.

[Application for Change of College Form](#) or [A&S Change of Major Application](#)

5. Feedback

- How do you feel about your decision?
 - How are your classes working out?
 - Do you feel satisfied with your original question?
 - If not, work the process again.



UC's Center for Exploratory Studies

Explore. Discover. Decide. Declare.

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