

Career and Major Exploration Worksheet

Exploring careers and majors is an important step in cultivating skill sets needed to research various career paths that may interest you. Although it is important for you to note that college majors do not necessarily equal a linear career path, majoring in something interests you is an important starting point. Use this worksheet to help you think about a number of considerations with both careers and majors. You should research at least two career paths that sound interesting to you either that generated from your FOCUS 2 results or that you had taken an interest in on your own. Then write or record a reflection video using the guiding questions at the end of this worksheet.

Career Path #1: _____

Estimated yearly salary: _____

In your own words, briefly describe the tasks and responsibilities of someone in this field: _____

What interests you about this field? How do you see this lining up with your values, skills, or interests? _____

Suggested majors: _____

Of the suggested majors, pick one to research: _____

Review this major's required and elective courses. What classes do you have to take? (put down the names of each class, rather than the course abbreviation and number) _____

Electives within the major? _____

Are there any classes outside of the major that you have to take (For example, Chemistry courses for healthcare-related majors) _____

What classes are you excited to take? _____

What classes are you nervous about? _____

In reading information on the department's website, what excited you about this major? Or, what doesn't excite you about this major? _____

On a scale of 1-10, 10 being most interested, how interested are you in this major? _____

Reflection questions: What questions do you have about this major? What other types of careers do you see this major supporting linearly? What transferable skills would this major help you develop? Can you think of any careers this major would support non-linearly? What would be your primary motivation for choosing this as a major? What kind of opportunities does this major afford you? (for example, hands-on volunteer experience, service learning, student organizations, etc)

Career Path #2: _____

Estimated yearly salary: _____

In your own words, briefly describe the tasks and responsibilities of someone in this field: _____

What interests you about this field? How do you see this lining up with your values, skills, or interests? _____

Suggested majors: _____

Of the suggested majors, pick one to research: _____

Review this major's 8 semester plan on the WCU department's website. What classes do you have to take? (put down the names of each class, rather than the course abbreviation and number) _____

Electives within the major? _____

Are there any classes outside of the major that you have to take (For example, Chemistry courses for healthcare-related majors) _____

What classes are you excited to take? _____

What classes are you nervous about? _____

In reading information on the department's website, what excited you about this major? Or, what doesn't excite you about this major? _____

On a scale of 1-10, 10 being most interested, how interested are you in this major? _____

Reflection questions: What questions do you have about this major? What other types of careers do you see this major supporting linearly? What transferable skills would this major help you develop? Can you think of any careers this major would support non-linearly? What would be your primary motivation for choosing this as a major? What kind of opportunities does this major afford you? (for example, hands-on volunteer experience, service learning, student organizations, etc)