



SUNY Oswego Career Services 145 Marano Campus Center [oswego.edu/careerservices](http://www.oswego.edu/careerservices)



**Major & Minor Elimination**

**Directions:** Using pages 3 and 4 of majors and minors, take a moment and cross out the majors/minors you are certain you have no interest in. Next, circle the majors/minors you see as possibilities or would like to learn more about.

**List the majors/minors you circled as possibilities here:**

**Now categorize the majors/minors in 2-3 groups that make sense to you:**

Group 1Title:

Group 2Title:

Group 3Title:

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German – B.A.  
Global & International Studies - B.A.

History - B.A.

Human Development - B.A. Information Science - B.A. Language & International Trade- B.A. Linguistics - B.A.

Mathematics – B.A. Meteorology B.S. Philosophy -B.A.

Philosophy-Politics & Economics - B.A. Philosophy-Psychology - B.A. Physics - B.A. or B.S.

Political Science - B.A. Psychology - B.A.

\*Psych/Business Admin - B.A./M.B.A.

\*Psych/Human Comp Intrctn - B.A./M.A. Sociology - B.A.

Software Engineering - B.S. Spanish - B.A.

Zoology - B.S.

**College of Liberal Arts & Sciences**

German - B.A.

Global & International Studies-B.A.

Applied Mathematical Economics - B.S. Applied Mathematics - B.S. Biochemistry - B.S.

Biology - B.A. or B.S. Chemistry-B.A.or B.S.

Cinema and Screen Studies - B.A. Cognitive Science - B.A. or B.S. Computer Science - B.A. or B.S. Creative Writing - B.A

Criminal Justice - B.A. Economics - B.A.

Electrical & Computer Engineering - B.S. English - B.A.

French - B.A.

Gender & Women’s Studies-B.A. Geochemistry - B.S.

Geology - B.A.

Geology Track I Geology - B.S. GeologyTrack II Env.Earth Science- B.S.

**School of Business**

Accounting - B.S.

Business Administration - B.S. Finance - B.S.

Human Resource Management - B.S. Marketing - B.S.

Operations Mgmt & Information Sys - B.S

\*Public Accounting - B.S./M.B.A.

Risk Management and Insurance - B.S.

**School of Education**

Adolescence Ed 7-12 B.S.

Career &Technical Educator Preparation (all [majors) - B.S.](http://catalog.oswego.edu/preview_program.php?catoid=31&poid=3447&returnto=2611)

Childhood Ed 1-6 - B.S. TESOL - B.S.

Technology Ed All Grades - B.S. Technology Management - B.S. Wellness Management - B.S.

American Studies - B.A. Anthropology - B.A.

**School of Communication, Media & the Arts**

Art - B.A. (Studio, Art History, Graphic Design, Illustration,

Interactive Design)

Art - B.F.A. (Graphic Design) Art - B.F.A. (Studio Art)

Broadcasting & Mass Comm. - B.A.

\*Broadcasting/Business Admin - B.A./M.B.A

**\*Master’s program**

Communication – B.A.

Journalism - B.A. Music - B.A.

Music (Audio Rec & Prod) – B.A. Public Relations-B.A.

Theatre - B.A.

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**Majors**



**School of Business**

Accounting

Business Administration

\*Business Analytics

\*Entrepreneurship

\*International Business

\*Sales

**School of Education**

\*Athletic Coaching

\*Health Science

\*Nutrition

\*Technology

**College of Liberal Arts and Sciences**

\*African/African-American Studies Anthropology

\*Applied Statistics

\*Astronomy

\*Biocultural Anthropology Biology

Chemistry Cognitive Science Computer Science Creative Writing Criminal Justice

\*Digital Humanities Economics English

\*Forensic Science French

\*French Culture Studies Gender and Women’s Studies Geology

German

\*German Culture Studies

\*Gerontology

Global/International Studies History

Human Development Information Science

\*Italian Culture Studies Linguistics

\*Logic Mathematics

\*Medieval/Renaissance Studies

\*Native American Studies

\*Peace & Conflict Studies Philosophy

Physics Political Science Psychology Sociology Spanish

\*Sports Studies

\*Sustainability Studies Zoology

**School of Communication, Media, & the Arts**

Art

Art History

\*Arts Management

\*Audio Design & Production Communication

\*Dance

\*Expressive Arts Therapy Graphic Design

Illustration

Journalism

\*Live Event Design

\*Museum Studies

Music

\*Photography Theatre

**\*minor only**

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**Minors**



**Dissecting a Major**

**Directions:** Choose one of the majors from page 3 and fill in the below information using the [SUNY Oswego Course Catalog](http://catalog.oswego.edu/content.php?catoid=42&navoid=4726).

**Major:**

**Summary of the Major Description:**

**Rate each course utilizing the following scale:**

**1**

**Extremely Draining**

**2**

**3**

**4**

**Neither Draining/Energizing**

**5**

**6**

**7**

**Extremely Energizing**

5

**Course**

**Ranking**

**Comments**



**Weighing Your Options**

If you are trying to choose between just a few majors, you can use these charts to help you outline the pros and cons of each one. Choose possible careers using the [“What Can I Do with a Major In...?”](https://www.oswego.edu/career-services/what-can-i-do-major) web page to help in making your decision.

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Major:

Possible Career(s): Pros Cons

Major: Possible Career(s):

Pros Cons

Major:

Possible Career(s): Pros Cons

Major:

Possible Career(s): Pros Cons





**Exploration**

**Learn more about my Interests, Values, Abilities, and Strengths through** [**Inventories and Assessments:**](https://www.oswego.edu/career-services/self-assessment)

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Focus2 - a career and education planning tool that includes assessments and a customizable portfolio StrengthsQuest - StrengthsFinder is an online assessment that identifies your “top 5” Themes of Talent MBTI (Myers-Briggs Type Indicator) - a personality assessment that identifies your preferences as it relates to who you are and why you want to work; including the best work environments and career tasks

Strong Interest Inventory - an interest inventory that matches your interests with career fields

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**Investigate all majors and minors that SUNY Oswego offers:**

Review the Undergraduate Catalog and departmental websites for majors/minors of interest. Get an understanding for course work and degree requirements for different majors. Complete these activities to narrow your search:

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“Major-Elimination” activity → find out what majors interest you the most “Dissect a Major” activity → helps to identify if a potential major is truly a good fit

**Take a course in a major or minor of interest:**

Many majors offer introductory courses. Many of these courses fulfill general education requirements and can be taken to explore majors.

**Job Shadow/Informational Interview:**

Spend a day with a professional in the field or interview a professor about their discipline. This is a great way to learn firsthand about a career field or major.

Other networking opportunities include:

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Talk to an upper-class student about their major

The [Alumni Sharing Knowledge (A.S.K.)](https://alumni.oswego.edu/s/1552/bp18/interior.aspx?sid=1552&gid=1&pgid=442) program connects students with alumni in their career field of interest Utilize the informational interviewing videos <https://www.oswego.edu/career-services/networking>

Check out [“Candid Career”](https://www.candidcareer.com/) Informational Career Videos online!

**Service Learning and Community Service:**

Volunteer in the community either independently or through Service Learning, GST102. Choose a site related to a field or major of interest to acquire skills and knowledge of real-world settings. <https://www.oswego.edu/community-service/>

**Meet with a Career Coach:**

Meet with a Career Coach in an industry area you are exploring. To learn more about our Career Coaches, visit our website: <https://www.oswego.edu/career-services/connect-career-coach>

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**Career Exploration**

**Learn more about careers related to majors you are exploring—all available through Career Services**

[Strong Interest Inventory](https://www.oswego.edu/career-services/self-assessment)

an interest inventory that matches your interests with career fields

[What Can I Do with A Major In...](https://www.oswego.edu/career-services/what-can-i-do-major)

provides information about careers & resources for every major & minor

[Focus 2](https://www.oswego.edu/career-services/self-assessment)

search career fields related to your interests, skills and values

[O\*Net](https://www.onetonline.org/)

search for information about occupations

[Candid Career](https://www.candidcareer.com/)

browse thousands of career videos

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**Self Assessments**

Career Services offers a [variety of assessments](https://www.oswego.edu/career-services/self-assessment) that provide you with information about your strengths, values, interests, and skills.

**StrengthsQuest**

StrengthsFinder is an online assessment that identifies your “top 5” Themes of Talent. StrengthsQuest allows you to explore and strengthen your talents, use your strengths to improve your academics, discover a major and career path that builds off of your strengths and learn how to use your strengths to excel.

**MBTI (Myers-Briggs Type Indicator®)**

MBTI identifies your preferences and provides information about your unique type (there are 16 distinct types). This is a great tool to help you understand who you are and what majors would be a good fit for you. The MBTI gives you information about how you orient in the world, take in information, make decisions and structure your life.

**Strong Interest Inventory®**

The Strong Interest Inventory is a tool that matches your interests with majors and career fields. It helps you identify your interests, preferences, and personal styles and provides information you need to select a major and career you can be passionate about.

**Focus2**

Focus2 isa web-based program thatincludes five online self-assessments (work interest, personality, skills, values, and leisure interests), a career portfolio and information about careers.

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