



### **A major dilemma:**

How to decide what you want to study in college

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The feeling of dread is heavy in your chest as you try to rest your weary eyes. It's a few days before your orientation at the University of Central Florida (UCF) and you're feeling overwhelming uncertainty over whether you picked the right major. This is a huge decision and you don't feel as sure about your major as your friends seem about theirs. You feel lost and don't know where to start. The apprehension is keeping you from truly being able to relax.

First off, know that you are not alone in this feeling. According to the U.S. Department of Education, around one-third of undergraduate students change their major at least once. Additionally, about 1 in 10 students changed their major multiple times. Many students may not connect with their major right away and undergo trial and error before finding a major that is a better fit.

Luckily for you, UCF's Career Services has a variety of resources that can help guide you in the right direction. The Career Services website contains resources such as a four-year action plan, areas to explore different careers and a resource that shows what kinds of jobs you can do with different majors. Once you are a UCF student, you can also schedule career advising appointments. During these appointments, a career counselor may utilize personality tests and career interest tests to help see what you might be interested in. They also have professional development resources, such as help developing a cover letter and resume, practice interviews, and more.

Another resource that may be helpful is UCF's undergraduate catalog. This resource is available online and allows you to browse all of the programs that UCF

offers, sorted by which college the program is in. If you find a program that sounds interesting, you can click on the name to see if there are any admission requirements and what the coursework contains for the program. Additionally, if you click the link for any class listed in the program, you will be able to see a short description of the class, how many credit hours it is and if there are any prerequisites. This is also a great place to look if you need to fill more credit hours and want to add a minor or certificate to complement your major.

If you are still feeling like you don't know what you're interested in studying, College Board has some resources that may be helpful. Through their BigFuture program, you can explore careers, take a personalized career quiz, and look at career paths for popular majors. According to College Board, this resource is free to any students with a College Board account who have taken the PSAT or the SAT.

It's now the night before orientation. You spent the last two days researching all the majors that UCF has to offer and reflected on what aligned the most with your strengths and your interests. You made the decision to change your major before orientation so that you could meet with the proper advisors before you register for your first semester of college. Now that you feel prepared, the anxiety no longer keeps you awake at night. Your eyes are peacefully shut and you can feel yourself blissfully drifting towards sleep. You feel prepared and content with where you are, and know that you can always change your mind again.

