



Deciding on a Major



Is “What’s your major?” a question you’re beginning to dread? Do you feel under pressure to choose a major? Are well-meaning family and friends planning your life for you? Do all of your friends seem to know what the next four years hold for them? Do you feel as if you’re the only one without a clue about what you want in life? Have you selected a major just to get people off your back? If you’re still unsure, you’re not alone.

‘I don’t know’ is okay

You don’t need to choose your major right away. It’s okay to say that you don’t know yet what major you want to concentrate on. It’s more important that you concentrate on being a student and do well in your general education classes.

Most students need two years of general education requirements and, during that time, you can explore your career options.

Jamestown College can help

Students in the midst of choosing a major experience a number of emotions. Some fear disappointing the important people in their lives; some experience anxiety at not knowing what they want to do with their lives. Fearing failure, some may avoid making a decision altogether, rather than making the wrong choice. Not knowing what’s ahead can be scary, but taking an active role in your own career planning can turn the unknown into a positive time of self-discovery and growth. Even after you’ve decided, it’s okay to change your mind. In his book, “Taking

Charge of Your Career Direction,” Robert D. Lock says: “The average worker now makes seven to ten job changes over a career lifetime and is likely to change occupations two or three times before retiring from work. The career choice you make is not likely to last forever.”

Where to start

Some students plan a career by selecting a major and then choosing an occupational goal. This strategy relieves anxiety about not having a major, but can leave you stranded if your career goals change and lead to new anxiety about your future after college. Choosing an occupational goal and then choosing a major is a more involved process, but it gives you a clearer sense of where you are headed and affords you flexibility to revise your goals as you progress. You can plan courses and related work experiences that will help you be competitive in your field, which, in turn, will help you face the future with confidence.

FOR MANY POSITIONS,
COMPANIES ARE IN SEARCH
OF CANDIDATES WITH
GOOD WRITTEN AND ORAL
COMMUNICATION SKILLS,
A FOUR-YEAR B.A. OR B.S.
DEGREE, AND ALMOST ANY
LIBERAL ARTS MAJOR.

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Services Offered

Jamestown College's Career Center assists you from the decision-making point through job acceptance. The Center will help you in many areas of planning, including:

- career guidance
- career counseling and testing
- internship and job search assistance
- resume and interview preparation
- occupational and employer file searches for background information
- geographic research if relocating or job hunting in other areas of the country
- resource materials available to learn more about and plan for graduate school

Career Exploration

Occupational resources are available to help you learn about the nature of different careers, the training they require, job outlook, earning potential, and other valuable information.

A career planning course, CE 101, provides an introduction to the world of work, occupational exploration, self-awareness, and resources for career planning. The class is appropriate for students exploring occupations, deciding on a major, and determining how to use their major.

A personal assessment of you and your goals coupled with occupational, employer, and geographic research, can provide valuable information that will help you make a wise occupational choice and set realistic career goals.

FOCUS, an online assessment instrument, will help you develop an accurate picture of your personal strengths, needs, and preferences in order to develop a sound career plan. FOCUS has current information on nearly 1,200 different careers.

Employer files help you research prospective employers to learn about their companies, the products and services they provide, types of positions available,

and the skills, qualities, attributes, and educational backgrounds they prefer in their employees.

On-campus career fairs and interviews give students the chance to meet many employers. Internships, job shadowing opportunities, and summer job placement are all available from the Career Center.

Employers Say

Leading employers can hire candidates from any college. Many look for Jamestown College graduates because they are very well-prepared to meet today's career challenges. A quality education matters to employers. A solid education, outstanding work habits, and strong teamwork skills are just a few hallmarks employers notice in Jamestown College graduates. Generally, employers say they want graduates who have:

- achieved a well-rounded education
- participated in extracurricular activities which help develop team and leadership skills
- worked in a co-op or internship position as part of the educational process
- maintained academic progress

Outside Opportunities

Part of Jamestown College's philosophy of producing well-rounded graduates involves offering internships in a multitude of areas. The College, through its outstanding students, has developed a reputation for the quality and quantity of internship experiences. Internship op-

portunities that assist students in making career decisions are now available regionally, nationally, and internationally to all majors.

Teams of student consultants work with small businesses, non-profit organizations, and individuals to provide assistance and to apply the knowledge gained from coursework to a problem or concern, and to practice research skills. Students have the opportunity to apply classroom knowledge while learning to work effectively together to deal with conflicts and problem-solve to reach their team goals, assume responsibility for a real project, and feel great pride in seeing the impact of their contribution to the project.

Career Center Staff

Shelley Mansavage
Director, Career Services

Pat Rinde, M.Ed.
Director, Experiential Education

The Center's staff, both of whom hold Global Career Development Facilitator credentials, assist students in matching their skills with a profession. They encourage students to explore a wide range of majors early in their college years to find the right fit.

Jamestown College does not discriminate on the basis of race, color, national origin, sex, disability, or age in its programs and activities.

Jamestown COLLEGE

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