Purpose:
The purpose of this guide is to help you discover what majors exist at the U of M and to narrow your list of majors that may be a potential fit.

Description:
Many people often try to find “the right” major. In that process, they don't realize that knowing what they are not interested in is just as important. This exercise is meant to help you narrow down the large list of U of M majors to a few more realistic options.

Directions:
1. Print out the U of M Majors List Handout. It is available at http://cape.umn.edu/plan/majors/
2. Begin by reading through each of the majors on the list and cross off the ones you know you have no interest in pursuing.
3. If you find majors you have never heard or are curious about, gather information by visiting the Major Profiles for a description of the major, course requirements, and career information.

Reflection Prompts:
When you meet with your coach, be prepared to discuss the following questions:

- How easy/hard was it to cross off majors on the list?
- Was there a major(s) that you found interesting that you had never heard of before? If so, which one(s)?
- Of the remaining major(s) on your list:
  - Which ones would you like to take a course or two in vs. potentially majoring in the subject? This process may narrow your list even further.
  - Which ones would be the most challenging for you to pursue? What would make it challenging (i.e. transferring colleges, needing a higher GPA, improving your writing skills)?
  - Which ones did you find the most interesting?

1 cape.umn.edu/plan/majors/
2 z.umn.edu/majorprofiles