

## Major and Career Exploration Guide

### Getting Started

We hope the following information and resources can be used to help guide you along your major exploration journey. Remember, exploration is a process. This is a time to reflect on what brings you joy, what your talents are, and what holds value in your life. And once you are able to reflect (and research possibilities), the goal is to identify majors and careers that align with these areas.



At MSU Denver, we use the term “exploratory” because being undecided is about being open to discovery. We want you to know that exploring your major options is completely normal (and encouraged)! Up to 50% of students enter college undecided about their major choice, and nearly 75% of students will change their major at least once during their college experience. You are not alone in this process, and the MSU Denver Exploratory Advising Office is here to support you along this journey!

### EXPLORE... By learning about your degree options

MSU Denver offers 90+ majors, 90+ minors, 10 graduate programs, 40 certificates, and a customizable degree program. Check out the following resources to explore MSU Denver programs.

- You can view a full list of MSU Denver programs in the [University Catalog](#). It is important to note some majors have prescribed general studies courses, may require an application, or have other special degree requirements. If you have any questions about degree requirements, you can always ask an advisor!
- Visit the [Academic Programs](#) website to learn more about all of the different programs offered at MSU Denver.
- Explore career opportunities by MSU Denver major on the Classroom to Career Hub’s [Explore](#) website.

#### Keep in mind...

Choosing your major is an important decision, but it will *not* define the rest of your life. No matter which degree you pursue, you will be gaining valuable skills and experiences that will complement any path you go down.

- Use the [Major Exploration and Reflection](#) exercise to help explore MSU Denver majors and reflect on the possibilities. Meet with an [Exploratory Advisor](#) to discuss your findings.
- Consider taking an exploratory/introductory course in a major of interest. These courses will introduce you to the field of study and help you explore the different programs available at MSU Denver. Check out our [Exploratory Pathway Guides](#) for course ideas based on your majors of interest!
- Meet with faculty/advisors in the areas you are interested in to gain additional insight on specific majors that relate to your interests and career goals.

## EXPLORE... By learning about your values, interests, and strengths

As you embark on your exploration journey, you will want to identify what is important to you (your values), what you enjoy/love doing (your interests), and what you do well (your strengths). Think about how these areas align with your career goals. Check out the following resources to explore your values, interests, and strengths.

- Meet with a career counselor in the [Classroom to Career Hub](#). Our career counselors are a great resource for students that are exploring careers and trying to identify what aligns with their passions, interests, strengths, and goals. You can schedule an appointment online in [Career Link](#) or email [C2Hub@msudenver.edu](mailto:C2Hub@msudenver.edu).
  - Complete a career assessment. Career assessments can help you identify your interests, values, strengths, and other important traits and how they relate to the world of work. They may help open your eyes to potential careers that align with these traits.
  - Through our [Classroom to Career Hub](#), you can complete the Myers-Briggs Type Indicator (MBTI) or the Strong Interest Inventory (fees apply to these assessments). Upon completion of the assessment(s), you can meet for an in-depth appointment with a [career counselor](#) to evaluate your results. You can also check out these free online assessments: [O\\*NET Interest Profiler](#) and the [MyMajor's College Major Assessment](#)
- Reflection questions to ask yourself:
  - What inspired me to go to college? How can I make the most of my college experience?
  - What makes my life (and work) meaningful? What holds value in my life?
  - What is one thing I am most proud of? What makes it significant in my life?
  - What subjects/classes have I performed well in? What subjects do I not particularly enjoy?



## EXPLORE... By doing major and career research

Check out the following online resources that can be used to conduct your major and career research (click each title to be directed to the website).

- FirstHand:** MSU Denver's Career Research Database. Use your MSU Denver email to create a free account. This resource provides an in-depth look at industries, companies, and professions. You can access company rankings & profiles, jobs & internships, and career guides & advice.
- My Next Move:** This website helps you learn about what certain jobs entail, the necessary skills needed, education requirements, and more. My Next Move also provides [career videos](#) that give you a glimpse into the field.
- Candid Career:** A leading provider of career videos, Candid Career's mission is to provide honest career information and career planning guidance through video. These video interviews are real people working in the field and speak about their career experiences.
- O\*Net Online:** The nation's primary source of occupational information. It is a great online tool for career exploration and job analysis.
- Occupational Outlook Handbook:** View training and education requirements, earnings, working conditions, and projected job growth for hundreds of occupations.

### Did you know...

According to recent research, 62% of recent college graduates are working in jobs that require a degree, yet only 27% of college graduates are working in a job that relates to their major.  
-Forbes

## EXPLORE... By getting involved & immersing yourself into the field

Exploration happens both in and out of the classroom, so remember to take advantage of the opportunities and experiences available to you. You never know where you might discover the path that's right for you! Check out the following ideas on how to get involved.

- Attend a career event or workshop with the Classroom to Career Hub. The C2Hub hosts career conversation drop ins, internship & career fairs, "Now Hiring" series, and more! You can login to [Career Link](#) to access event information and a ton of other career-related resources!
- Get involved on campus and in the community. Volunteer at a non-profit that aligns with your values. Attend a [campus event](#) or join a [student club](#) in an area you are interested in.
- Job shadow or intern at an organization that you want to learn more about. Getting experience in the field can show you what it is like to work in a profession. It's also a great way to network with industry experts! You can login to [Career Link](#) to access job and internship opportunities!
- Request an informational interview with a professional that works in the field you are interested in. An informational interview is a conversation that allows you to receive career advice, examine career fields, gather industry knowledge, and network with industry insiders.
- Consider having a career conversation with an MSU Denver alum through the [Alumni Advisor Network](#).



**"You may not always end up where you thought you were going, but you will always end up where you're meant to be."**

## EXPLORE... By getting inspired!

When you are inspired, you are motivated toward your goals. Check out the following ideas and resources to light that spark and find your inspiration.

- Create a profile on [My Colorado Journey](#), a statewide platform designed to personalize your career pathway and connect you to work, education, and support services. It is free!
- Find inspiration at [Roadtrip Nation](#) from those who have set out on a quest to find their passion and purpose. At Roadtrip Nation, you can watch short documentaries about people from all walks of life who have found fulfilling careers aligned to their interests, you can complete a free exploration course, and you can create your own unique career roadmap.
- Watch [The Secret Life of Mitty Walters](#), an inspiring movie about stepping out of your comfort zone, living your life to the fullest, and discovering your destiny!



**For additional support or to meet with an Exploratory Advisor, contact the Exploratory Advising Office:**

**Email:** [exploratoryadvising@msudenver.edu](mailto:exploratoryadvising@msudenver.edu)  
**Phone:** 303-615-2025  
**Office:** JSSB 170

- Read "[What Color is Your Parachute? Pave Your Path From Major to Meaningful Work](#)" by Katharine Brooks.
- Watch the TED Talk, "[2 questions to uncover your passion—and turn it into a career.](#)"
- Listen to the episode "[How to Use College to Launch Your Career](#)" from the Collegehood Advice Podcast.