

University Advisement Center

Major Exploration Workbook



Unsure of a major? Don't worry – it is common!

If you are undecided about what you want to major in at ETSU, or want to explore career and major options – we are here to help! It is very common to be undecided about the career path you want to follow and the major you should choose, especially for students in their first few semesters in college. Many students who initially declare a major end up changing it at least once before making their final decision.

The University Advisement Center is dedicated to helping students define and declare their major/career interests as early as possible in their academic life.

This guide is designed for students ready to actively engage in the process of selecting a major and making career decisions. Recognizing that choosing a major involves careful consideration and a substantial time commitment, this guide provides both information and actionable steps. It includes online resources and activities to assist you in exploring your interests. This form is designed for you to reflect on your progress and current position in the process with your advisor.

University Advisement Center

Major Exploration Workbook

Student Information

Full Name:

E# (Student ID):

ETSU Email:

Phone:

Date:

How to use this workbook

This workbook is a space to organize your thoughts as you actively explore majors and make career decisions. You do not have to complete every section at once. Use it with your advisor to reflect on your progress and plan next steps.

Download or print this workbook to keep track of what you have done to explore majors. Bring with you to your advising appointment or email to your UAC advisor.

Declaring a Major

A common misconception among students is that they must finish all their general education courses before beginning their major-specific courses. However, it's important to note that due to the sequential nature of courses within majors, it's advisable to integrate general education courses throughout semesters to maintain a balanced workload. We advise students to declare their major early.

Undergraduate students must declare a major no later than the first term after they complete 60 semester credit hours. Transfer students who transfer more than 60 semester credit hours must declare a major by the end of their first semester at ETSU. This policy also applies to students in pre-professional programs. Students seeking a second bachelor's degree must declare a major at the time of application.

Target date/term to declare a major:

Self-Reflection

Where are you in the exploration process? What have you tried so far?

Interests, strengths, and values you want to use in your major/career:

Assessments & Resources

****Links to assessments & web pages are at the end of this workbook****

Focus2 Assessment

(Access code: bucs) Date taken:

Date taken:

Top insights:

16 Personalities Test

Date taken:

Results/Insights:

**Majors of Interest in ETSU Catalog - Click here to view majors
Why are you interested?**

Career Exploration Reflection

**Career Services Resources & Experiential Learning (internships, shadowing, volunteering)
Indeed Career Advice / Career Paths, O*Net, OOH, My Next Move – takeaways**

**Health Interests (explorehealthcareers.org) – programs & roles to research
(only applicable to students exploring health related fields)**

Values Self-Assessment

Work values are the characteristics people seek in their jobs and work environments. Lifestyle values describe the preferences individuals have for their overall futures, such as living in a certain geographic location, maintaining family responsibilities, or having time for recreation. People are generally most satisfied when their work aligns with their values. As you research potential majors and careers, take time to consider how well they match what matters most to you.

Work Values

- Work-life balance
- Job security
- Collaboration
- Autonomy
- Recognition

- Creativity
- Helping others
- Structure
- Clear expectations
- Professionalism

Lifestyle Values

- Flexibility
- Low stress
- Routine
- Travel
- Physical activity

- Community involvement
- Time for hobbies
- Nature/environment
- Social connection
- Financial stability

Career Values

- Growth opportunities
- Leadership
- Innovation
- Impact on society
- Mentorship

- Variety of tasks
- Skill development
- Prestige
- Challenge
- Long-term advancement

Personal Values

- Family
- Independence
- Creativity
- Spirituality
- Integrity

- Health
- Lifelong learning
- Stability
- Compassion
- Simplicity

Identify your top 3 work/career values and your top 3 lifestyle/personal values:

Skills Self-Assessment

Completing the attached checklist will help you self-assess your strengths and abilities. As you explore potential career paths, take note of the skills each field requires and consider whether these are skills you already possess or ones you're willing to develop. You can also identify your skills by reflecting on your personal achievements, performance in various courses, previous work or volunteer experiences, and the feedback you receive from others.

Interpersonal Skills

- Building positive relationships
- Active listening
- Empathy
- Collaboration
- Conflict resolution
- Working with diverse people

Creativity & Innovation

- Generating creative ideas
- Thinking outside the box
- Creative problem-solving
- Brainstorming
- Openness to experimentation

Technical Skills

- Basic computer skills
- Productivity software
- Learning new software
- Data entry
- Lab/equipment skills
- Troubleshooting

Critical Thinking & Problem-Solving

- Analyzing information
- Identifying problems
- Evaluating options
- Decision-making
- Logical reasoning

Leadership Skills

- Taking initiative
- Guiding others
- Delegating tasks
- Decision-making
- Accountability
- Motivating peers

Communication Skills

- Verbal communication
- Written communication
- Asking clear questions
- Presenting
- Professional etiquette
- Explaining ideas clearly

Physical Skills

- Physical stamina
- Hand-eye coordination
- Fine motor skills
- Lifting/carrying
- Standing long periods
- Precision tasks

Self-Awareness & Growth Mindset

- Understanding strengths
- Identifying skills to improve
- Setting goals
- Seeking feedback
- Persistence

Identify the skills you want to develop and the skills you want to apply to a career:

Holland Code (RIASEC) Interests Self-Assessment

Instructions:

1. Check all interests that describe you.
2. Count the number of checks in each RIASEC category.
3. Your top 2–3 scores suggest possible career pathways.

Realistic (R)

- Operating tools or machinery
- Building or fixing things
- Working outdoors
- Working with animals
- Physical or mechanical tasks

Enterprising (E)

- Leading groups
- Public speaking
- Selling or promoting
- Entrepreneurship
- Managing projects

Investigative (I)

- Solving math or science problems
- Researching or analyzing data
- Troubleshooting issues
- Exploring theories
- Scientific experiments

Conventional (C)

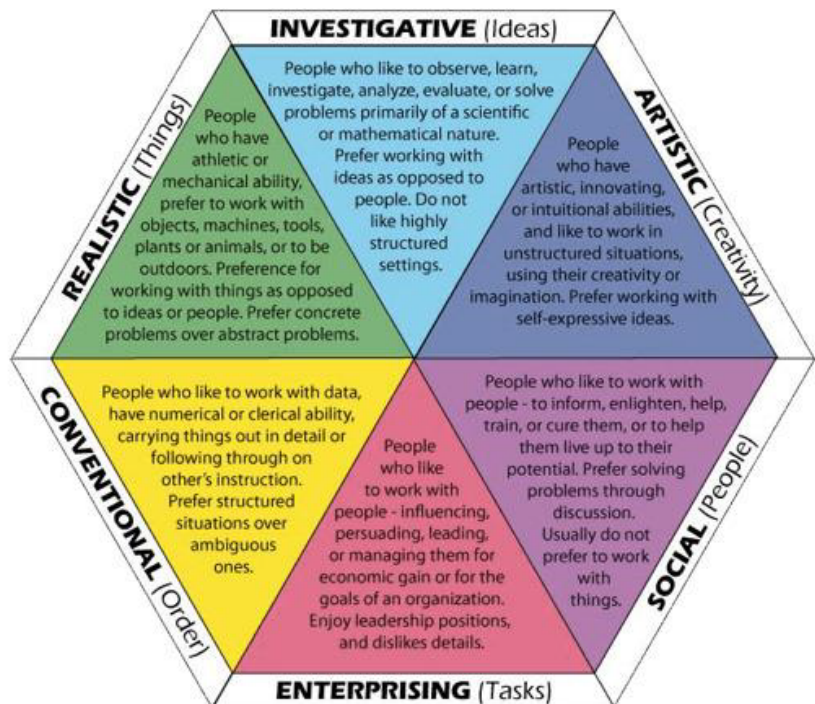
- Organizing information
- Working with numbers
- Planning and scheduling
- Record keeping
- Following procedures

Artistic (A)

- Drawing or crafting
- Creative writing
- Performing arts
- Designing visually
- Unstructured creative projects

Social (S)

- Helping or caring for others
- Teaching or mentoring
- Healthcare and wellness
- Volunteering
- Providing customer service



RIASEC Scoring

- R Score:
- I Score:
- A Score:
- S Score:
- E Score:
- C Score:

Based on your score, write the letter of the category that best describes you in the first box. In the second box, write the letter of the category you identify with next most. In the final box, write the letter of the category you identify with third most. Together, these three letters form your Holland Code.

Holland Code:

ETSU Majors by RIASEC Category

Select the majors that you would like to learn more about based on your Holland Code.

[Click here to view these majors in the catalog.](#)

Realistic

- | | | | |
|--------------------------|------------------------------------|--------------------------|------------------------------------|
| <input type="checkbox"/> | Allied Health (B.S.) | <input type="checkbox"/> | Biology (B.S.) |
| <input type="checkbox"/> | Chemistry (B.S.) | <input type="checkbox"/> | Communication Studies (B.A./B.S.) |
| <input type="checkbox"/> | Computer Science (B.S.) | <input type="checkbox"/> | Computing (B.S.) |
| <input type="checkbox"/> | Engineering Technology (B.S.) | <input type="checkbox"/> | Engineering (B.S.) |
| <input type="checkbox"/> | Interior Architecture (B.S.) | <input type="checkbox"/> | Mechatronics Engineering (B.S.) |
| <input type="checkbox"/> | Surveying & Mapping Science (B.S.) | <input type="checkbox"/> | Geology/Earth Science (B.S.) |
| <input type="checkbox"/> | Environmental Health (B.S.) | <input type="checkbox"/> | Radiologic/Respiratory Care (B.S.) |
| <input type="checkbox"/> | Exercise Science (B.S.) | | |

Investigative

- | | | | |
|--------------------------|-----------------------------------|--------------------------|-----------------------------|
| <input type="checkbox"/> | Anthropology (B.A.) | <input type="checkbox"/> | Biology (B.S.) |
| <input type="checkbox"/> | Biomedical Health Sciences (B.S.) | <input type="checkbox"/> | Chemistry (B.S.) |
| <input type="checkbox"/> | Communication Studies (B.A./B.S.) | <input type="checkbox"/> | Computer Science (B.S.) |
| <input type="checkbox"/> | Computing (B.S.) | <input type="checkbox"/> | Environmental Health (B.S.) |
| <input type="checkbox"/> | Geology/Earth Science (B.S.) | <input type="checkbox"/> | Mathematics (B.S.) |
| <input type="checkbox"/> | Physics (B.S.) | <input type="checkbox"/> | Psychology (B.A./B.S.) |
| <input type="checkbox"/> | Public Health (B.S.) | <input type="checkbox"/> | English (B.A.) |

Artistic

- | | | | |
|--------------------------|-----------------------------------|--------------------------|--|
| <input type="checkbox"/> | Art (B.A.) | <input type="checkbox"/> | Graphic Design (B.S.) |
| <input type="checkbox"/> | Media & Communication (B.A./B.S.) | <input type="checkbox"/> | Interior Design (B.S.) |
| <input type="checkbox"/> | Theatre/Drama (B.A.) | <input type="checkbox"/> | Music (B.A.) |
| <input type="checkbox"/> | Philosophy (B.A.) | <input type="checkbox"/> | Bluegrass, Old-Time & Roots Music (B.A.) |

Social

- | | | | |
|--------------------------|------------------------------|--------------------------|-----------------------------------|
| <input type="checkbox"/> | Allied Health (B.S.) | <input type="checkbox"/> | Child Development (B.S.) |
| <input type="checkbox"/> | Dental Hygiene (B.S.D.H.) | <input type="checkbox"/> | Education (B.S.) |
| <input type="checkbox"/> | Human Services (B.S.) | <input type="checkbox"/> | Social Work (B.S.W.) |
| <input type="checkbox"/> | Public Health (B.S.) | <input type="checkbox"/> | Nursing (B.S.N.) |
| <input type="checkbox"/> | Psychology (B.A./B.S.) | <input type="checkbox"/> | Communication Studies (B.A./B.S.) |
| <input type="checkbox"/> | Health Administration (B.S.) | | |

Enterprising

<input type="checkbox"/>	Accountancy (B.B.A.)	<input type="checkbox"/>	Business Admin (B.B.A.)
<input type="checkbox"/>	Economics (B.S.)	<input type="checkbox"/>	Finance (B.B.A.)
<input type="checkbox"/>	Marketing (B.B.A.)	<input type="checkbox"/>	Media & Communication (B.A./B.S.)
<input type="checkbox"/>	Political Science (B.A.)	<input type="checkbox"/>	International Relations (B.A.)
<input type="checkbox"/>	Sport & Recreation Management (B.S.)	<input type="checkbox"/>	Communication Studies (B.A./B.S.)

Conventional

<input type="checkbox"/>	Accountancy (B.B.A.)	<input type="checkbox"/>	Business Admin (B.B.A.)
<input type="checkbox"/>	Economics (B.S.)	<input type="checkbox"/>	Computing (B.S.)
<input type="checkbox"/>	Surveying & Mapping Science (B.S.)	<input type="checkbox"/>	Public Health (B.S.)

What interests you in the majors you selected?

Advising & Action Plan

My academic advisor:

Advisement Office:

Next meeting date:

Topics to discuss:

Action Steps (check and plan due dates)

Complete Focus2 assessment

Date Completed:

Explore 3+ majors in the catalog

Date Completed:

Talk with Career Services

Date Completed:

Shadow/interview someone in field

Date Completed:

Take a class in major of interest

Date Completed:

Complete 16 Personalities test

Date Completed:

Talk with a major advisor/Attend an info session

Date Completed:

Notes & Decisions:

You may also note any other activities you have engaged in to explore majors and career paths.

Quick Reference Links

- ETSU Majors Catalog: <https://catalog.etsu.edu/>
- Advisor Search: <https://www.etsu.edu/advisement/>
- Advisement Offices: https://www.etsu.edu/advisement/advisement_offices

- Focus2 Career Assessment (**access code: bucs**)
Register: <https://www.focus2career.com/Portal/Register.cfm?SID=1416>
Login: <https://www.focus2career.com/Login.cfm>

- 16 Personalities Test: <https://www.16personalities.com/free-personality-test>

- Indeed Career Advice: <https://www.indeed.com/career-advice>
- Indeed Career Paths: <https://www.indeed.com/career-advice/careers>

- ETSU Career Services – Online Resources: <https://www.etsu.edu/students/careers/links.php>
- ETSU Career Services – Experiential Learning: <https://www.etsu.edu/students/careers/experiential-learning/internships.php>

- Explore Health Careers: <https://explorehealthcareers.org/>

- My Next Move: <https://www.mynextmove.org/>

- O*NET Online: <https://www.onetonline.org/>

- Occupational Outlook handbook: <https://www.bls.gov/ooh/>

Advisement Offices

Advisement offices by college: https://www.etsu.edu/advisement/advisement_offices.php

Search for advisors by major & minor: <https://www.etsu.edu/advisement/>

College of Arts & Sciences Advisement

Location: Culp Center, 2nd flr Carrier Center

Phone: 423-439-5602

College of Business & Technology Advisement

Location: 3rd flr Sam Wilson

Phone: 423-439-5275

Clemmer College of Education & Human Development Advisement

Location: Warf-Pickel, Suite 201

Phone: 423-439-7626

College of Health Sciences Advisement

Location: 4th flr Lamb Hall

Phone: 423-439-5051

College of Nursing Advisement

Location: 230 Nicks Hall

Phone: 423-439-4578

College of Public Health Advisement

Location: 2nd flr Lamb

Hall Phone: 423-439-4243

Still undecided?

Visit us in the University Advisement Center!

University Advisement Center

2nd floor of the Culp inside the Carrier Center

(423)439-5244

uac@etsu.edu

Office Hours: M-F 8:00am-4:30pm

Virtual Office Hours: 8:30am-4:30pm

[Click here for UAC Virtual Office](#)

