

CHOOSING A



1) Assess

- Keep in mind your **skills, values, and personality**.
- Think about **what you want to do in your future**, starting with broad categories like “working with people”.
- Take the [Traitify Assessment](#) provided by Career Services.

2) Research

- Look at [all the major options](#), noting [capped majors](#) and considering alternatives to those majors
- Talk to friends, House Advisors, upperclassmen, etc. about their majors and **how they chose them**
- Use your General Education courses to explore possible areas of interest
- [Explore Academic Interests](#) through Career Services

3) Plan

- Visit [major advising offices](#) or websites
- Check out the [tools from Career Services](#)
- View the [sample four year plans](#) at [plans.ucsd.edu](#)
- Discuss your potential major plans with an advisor at [Muir Academic Advising](#).

4) Declare

- Use the [Major/Minor Tool](#) to [declare your new major](#)