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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 <u>all the major options</u>, noting <u>capped majors</u> 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 <u>major advising offices</u> 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