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# A MAJOR DECISION: A RESOURCE GUIDE TO CHOOSING A MAJOR

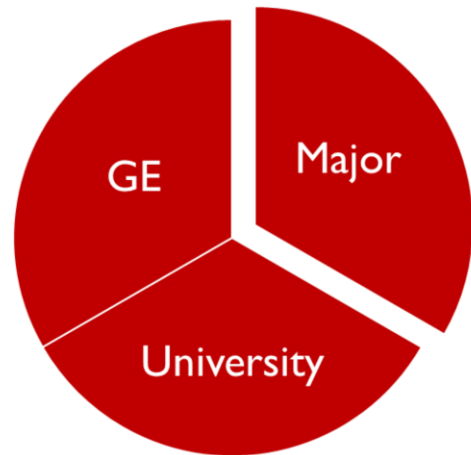
ATHURGOOD MARSHALL COLLEGE ACADEMIC ADVISING WEBINAR



- Hello, and welcome to the Thurgood Marshall College Academic Advising New Student Webinar on “A Major Decision: A Resource Guide To Choosing a Major.”
- Today we will be sharing the process of choosing a major and how to build confidence behind this choice. We want to start off by emphasizing that you do not have to be *officially* “Undeclared” to be in this process of committing to a major.
- Maybe you have a major but are still exploring other options. We hope that this webinar presentation will be helpful to you regardless of where you are in the process.
- The duration of our webinar today will be 60 minutes with time for questions and answers. Please submit your questions throughout the presentation and we will answer them at the end.
- Let's get started!

## UNDERGRADUATE DEGREE REQUIREMENTS

- Major = chosen area of study
  - Academic requirements are determined by departments or programs
  - At least 12 Upper-Division courses
- Must have a major by 90 units
- Any major at any college!



- As a student at UC San Diego, you will have General Education requirements, which we'll be referring to as 'GEs,' University, and Major requirements.
- Marshall College has specific GE requirements, which you may already be familiar with if you watched our "GE Requirements" video on the New Student Site.
- In addition to your GEs, all students must complete certain University requirements. These requirements are the same for all students, regardless of their college affiliation or major choice. A video about "University Requirements" can be found on the New Student Site as well.
- Your Major is your chosen area of study. The requirements are determined by departments and programs, and will include at least 12 upper-division courses for a minimum of 48 units.
- All students must have a major declared by the time they reach 90 units. This includes units earned from exams offered through AP or IB Programs or from transfer coursework completed at another college.
- Remember, you can be any major at any college.

A solid red rectangular graphic is positioned on the left side of the slide, containing the text 'PART I' in white.

PART I

## Major Decision

- Choosing and committing to a major is highly personal and individualized process that takes time. It's ok if you don't have a major picked-out by the end of this webinar or even within your first quarter.
- There are many strategies that can help you narrow down your major path.
- Today, we'll explore a few of them.

## CHOOSING A MAJOR: INTERESTS AND STRENGTHS

Questions to think about:

- What class have you enjoyed previously?
- What types of activities excited you?
- What subjects make you curious?

- One way to narrow down which majors might be right for you is to consider your interests and strengths.
- Consider the following questions:
  - What classes have you enjoyed previously?
  - What types of activities excite you?
  - What subjects make you curious?
- Perhaps you enjoy working with computers and activities that involve creative problem-solving. Maybe you enjoy working in team settings and value connecting with others.
- Taking an inventory of your skills, interests, and strengths can help highlight the types of learning you enjoy and will help you make connections to potential areas of study.
- Remember your interests can change over time and you should not discount areas where you lack ability just yet. You'll be able to build those skills during your studies.

## CHOOSING A MAJOR: INTERESTS AND STRENGTHS

- Assessment tools available at:

- [career.ucsd.edu/plan/assessment/](https://career.ucsd.edu/plan/assessment/)

The screenshot shows the UC San Diego Career Center website. The header includes the UC San Diego logo, a search bar, and a 'Handshake Login' button. The main navigation menu has tabs for 'Career Center', 'PLAN FOR YOUR FUTURE', 'SUCCEED IN YOUR SEARCH', 'FIND JOBS AND EXPERIENCE', 'GET INTO GRAD SCHOOL', 'EVENTS', and 'ADVISING'. The 'ASSESSMENT TOOLS' section is highlighted with a blue background. Below this, a paragraph states: 'The Career Center provides a variety of online tools to help our current students and alumni achieve success. Most of these resources can be found on Handshake; a few are listed below.' Three assessment tools are listed: 1. 'Traitify' is described as a unique visual personality assessment that gives a better understanding of personality and allows for better career decisions. 2. 'CliftonStrengthsFinder' is described as a tool that helps identify talents and strengths, with a note that CliftonStrengthsFinder results give people a way to discuss and develop their unique combination of skills, talents, and knowledge. 3. 'Gallup's Builder Profile 10' is described as a tool that helps understand and use top builder talents to grow economic value. 4. 'Myers-Briggs Type Indicator' is described as one of the most popular assessments on the market, used for revealing personality type and providing career options.

- If you are interested in learning more about your strengths, UC San Diego's Career Center website provides a variety of online tools including personality and strengths-finder assessments.
- You will have the opportunity to discuss your assessment results with a Career Advisor once you are on-campus.
- To access these assessments, visit [career.ucsd.edu](https://career.ucsd.edu) and click on 'Browse Assessment Tools' under the 'Plan for Your Future' tab.

## CHOOSING A MAJOR: CAREER GOALS

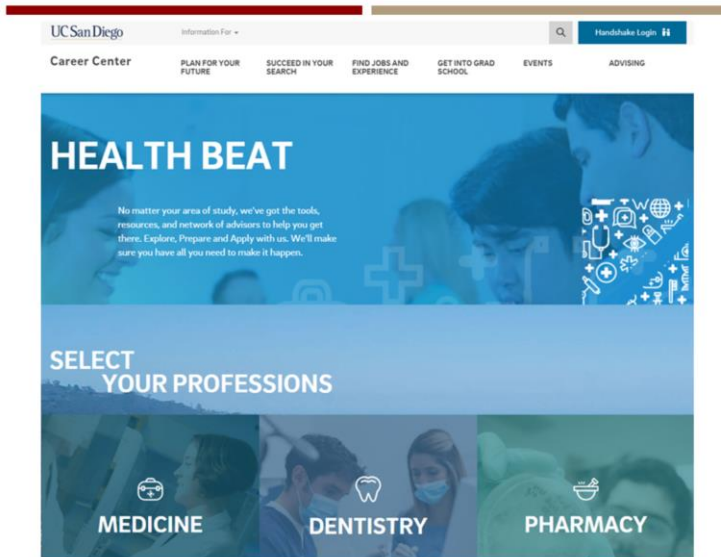
Questions to think about:

- What are your career goals?
- What kind of work do you find interesting?

- While some find it helpful to focus first on identifying interests and skills in making connections to majors, others find it helpful to start broad by considering career fields.
- Think about the following:
  - What are your career goals?
  - Or what kind of work do you find interesting?
- Lets explore one of these career fields in greater detail.

## CHOOSING A MAJOR: CAREER GOALS

- Learn more about planning for pre-health:
  - [Healthbeat.ucsd.edu](https://healthbeat.ucsd.edu)



- So let's say you're interested in medicine.
- UC San Diego's Health Beat website helps you explore requirements for admissions into medical programs.
- From there, you can explore what majors have some of the pre-health or pre-med requirements built into the curriculum, like Biology or Public Health.
- However, students can plan to complete their pre-health requirements alongside the coursework for *any* major.
- For example, you can be a History major and be pre-health.
- To learn more about planning for pre-health, visit [healthbeat.ucsd.edu](https://healthbeat.ucsd.edu).

## CHOOSING A MAJOR: CAREER GOALS

- Explore career paths and associated majors:
  - [career.ucsd.edu](https://career.ucsd.edu)

UC San Diego Information For

Career Center

PLAN FOR YOUR FUTURE

SUCCEED IN YOUR SEARCH

FIND JOBS AND EXPERIENCE

GET INTO GRAD SCHOOL

EVENTS

ADVISING

Handshaker Login

### ADVICE FOR EVERY FIELD

Every professional path has a unique set of opportunities and requirements for success. Learn what you can do today to prepare for a prosperous future.

Pre-Health and Pre-Med

Law

Biological Sciences

Physical Sciences

Jacobs School Of Engineering

Business

Social Sciences

Arts and Humanities

- Pre-health is just one many career paths. There are potentially a variety of majors that can prepare you for any particular career.
- The Career Center can assist you in exploring other career areas like law or business.
- Meet with an advisor at the Career Center or explore your interests online at [career.ucsd.edu](https://career.ucsd.edu).
- Remember, just because you are narrowing down major options based on careers doesn't mean there's only one potential major for you.





## PART 2

# Action Steps

- Now that you have assessed your interests and strengths and/or reflected on career fields, it's time to explore major options.
- Gathering information is a key part of the exploration process and will help you make a more informed decision about your major selection.
- In this next section, we will discuss key resources to consult to further your understanding of major options.

## ACTION STEP 1: REVIEW & RESEARCH MAJORS

- Undergraduate majors:
- [students.ucsd.edu/academics/advising/majors-minors](https://students.ucsd.edu/academics/advising/majors-minors)

**TRITONLINK** Academics Finances & Jobs Student Life Well-Being Campus Services

HOME - Academics - Advising - Majors/Minors - Undergraduate Majors

### Undergraduate Majors at UC San Diego

See a list of undergraduate majors offered at UC San Diego.

Undergraduate majors and degrees at UC San Diego – see the [UCSD General Catalog](#) for specializations available within majors. Your choice of major is not connected to your undergraduate college.

**Notes:**

- See details for [Capped Majors](#) and [Majors That Require Pre-Major Status](#).
- Students interested in pre-med or pre-law may declare a major in any academic discipline.
- Students interested in a teaching career, see [Education Studies](#).

**Majors:**

ABCDEFGHIJKLMNOPQRSTUVWXYZ

**Important Notes / Key to Symbols**

- \* [Capped major](#) with additional screening requirements
- \*\* Applicants may be asked to submit an optional supplemental application and/or portfolio audition for faculty review
- † Major with [pre-major status](#)

**Anthropology**  
Anthropology (Archaeology) (B.A.)  
Anthropology (Biological Anthropology) (B.A.)  
Anthropology (Sociocultural Anthropology) (B.A.)

**Art (See Visual Arts)**

[Back to top](#)

**Bioengineering (BE)**  
Bioengineering (B.S.)\*  
Bioengineering (Biotechnology) (B.S.)\*  
Bioengineering (Bioinformatics) (B.S.)\*  
Bioengineering - Biodynamics (B.S.)\*

**Biological Sciences**

Available to students admitted to UCSD in Fall 2018 or later  
Biology with Specialization in Bioinformatics (B.S.)\*  
Ecology, Behavior and Evolution (B.S.)\*

- The first step is to review the list of undergraduate majors on TritonLink and highlight any and all departments that interest you.
- Make note of any departments that you haven't heard of or aren't sure about. You'll want to research these areas before discounting them as options.
- And finally, cross off any departments that you are not interested in.
- You can find the list of undergraduate majors by visiting [students.ucsd.edu](https://students.ucsd.edu) and entering "majors" into the search bar.

## REVIEW & RESEARCH MAJORS: CAPPED MAJORS

- Capped majors:
  - [students.ucsd.edu/academics/advising/majors-minors](https://students.ucsd.edu/academics/advising/majors-minors)
  - Admission is *not* guaranteed

**TRITONLINK** Academics ▾ Finances & Jobs ▾ Student Life ▾ Well-Being ▾ Campus Services ▾

HOME - Academics - Advising - Majors/Minors - Capped Majors

### Majors/Minors

- Undergraduate Majors
- Capped Majors
- Majors With Pre-major Status
- Declare or Change a Major
- Change Graduate Major
- Declare a Double Major
- Declare a Minor

### Departments

Office of Admissions

## Capped Majors

Last Updated: March 28, 2019 1:42:40 PM PDT [Give Feedback](#)

**A capped major is a major that limits enrollment.**

If you choose a capped major on your admissions application, we highly recommend that you also select an alternate major.

If you are a prospective applicant and you have further questions, please contact Admissions via email at [admissions@ucsd.edu](mailto:admissions@ucsd.edu) or by telephone at (858) 534-4831.

It may not be possible to change to a capped major as a continuing student. See additional information found in the undergraduate section on the academic department websites.

**Majors with capped status – for all students:**

- Biological Sciences
- Data Science
- Economics
- Mathematics
- Physics
- Public Health
- Jacobs School of Engineering – all majors in these departments:
  - Bioengineering
  - Chemical Engineering
  - Computer Science and Engineering
  - Electrical and Computer Engineering
  - Mechanical and Aerospace Engineering
  - Nanotechnology
  - Structural Engineering

Note: A capped major is not the same as a major requiring [capped status](#).

Questions? E-mail the Office of Admissions or Transfer Student Services, or call an Admissions Officer at (858) 534-4831.

UC San Diego 9500 Gilman Dr. La Jolla, CA 92093 (858) 534-2230  
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UC San Diego

- As you review options from the list of undergraduate majors, it is important to note that some departments and their majors have limited enrollment, otherwise referred to as “capped.”
- Admission into capped majors is contingent on completion of certain screening requirements and is not guaranteed.
- If you are interested in a capped major, be sure to review the criteria for admission through the department’s website and consult with a department advisor once you are on-campus.
- A list of capped majors can be found on TritonLink as well.
- Now that you have narrowed down your list and identified if any are capped, visit the department’s website to learn more about their major offerings, learning objectives and course requirements.

## REVIEW & RESEARCH MAJORS: ACADEMIC PLANS

- Academic plans:
  - [plans.ucsd.edu](https://plans.ucsd.edu)

### Sample Four Year Plan

2019-2020			annual units: 120		
Fall	term units: 40	Winter	term units: 40	Spring	term units: 40
DOC 10E1	40	DOC 2	40	DOC 3	40
MATH 18A2BA 1*	40	MATH 18B/28B 1*	40	MATH 11	40
CHEM 6A 1*	40	CHEM 6B	40	CHEM 6C	40
BLD 4	40	BLD 1 1*	40	CHEM 1L	40

2020-2021			annual units: 120		
Fall	term units: 40	Winter	term units: 40	Spring	term units: 40
PHYS 18A1AL 1*	40	PHYS 18A/18L	40	PHYS 1C&1CL	40
BLD 2	40	BLD 3	40	BCD 18B	40
CHEM 6BA	40	CHEM 48B	40	ELECTIVE	40

2021-2022			annual units: 120		
Fall	term units: 40	Winter	term units: 40	Spring	term units: 40
BBC 180/182 ("SEE NOTE")	40	LD BIO LAB ("SEE NOTE")	40	LD BIO ELECTIVE	40
BPH 180	40	LD EBE ("SEE NOTE")	40	BMM 180	40
GE	40	GE	40	GE	40
GE	40	ELECTIVE	40	GE	40

2022-2023			annual units: 120		
Fall	term units: 40	Winter	term units: 40	Spring	term units: 40
LD BIO LAB ("SEE NOTE")	40	LD BIO ELECTIVE	40	LD BIO ELECTIVE ("SEE NOTE")	40
LD BIO ELECTIVE	40	LD BIO ELECTIVE	40	LD ELECTIVE	40
LD GE	40	LD GE	40	ELECTIVE	40
ELECTIVE	40	ELECTIVE	40		

- In addition to the department websites, you can access academic plans for each major at [plans.ucsd.edu](https://plans.ucsd.edu).
- Academic plans can provide you with perspective on how your schedule might look across your four-year, or even three-year, timeline. These plans will also highlight any overlap between the major and your GE requirements.
- Most of the academic plans also provide details from the academic department regarding course requirements. This section also includes links to the department's website and Course Catalog entry to provide you with information regarding the specific courses offered by the department.

## ACTION STEP 2: ENGAGE YOUR NETWORK

- Discuss interests with friends, family and mentors
- Speak with advisors on campus in the fall



- Talking to others is a key step in the major exploration process. Discuss your academic interests with friends, family, and mentors.
- Once you are on-campus, you can speak with academic advisors in the department as well as at Marshall College.
- You can also visit the Career Center for guidance on your career goals and interests.

### ACTION STEP 3: EXPLORE CLASSES

- GEs
- Electives



- Additionally, you can use GEs and Elective courses to explore areas of interest.
- Your fall class schedule is designed to help you explore different academic disciplines while satisfying college and university requirements.

## NEXT STEPS:

- Declare or change major using Major/Minor tool option on TritonLink

**TRITONLINK** TRITONLINK Academics Finances & Jobs Student Life Well-Being Campus Services

HOME - Academics - Advising - Majors/Minors - Declare or Change a Major

### How to Declare or Change a Major (Undergraduates)

Last Updated: November 2, 2019 11:24:20 AM PDT [Give feedback](#)

If you're an undergraduate and you want to declare or change your major, follow the steps below.

#### About undergraduate majors

- Major requirements include both lower-division and upper-division courses. The requirements are determined by departments and programs, and will include at least 12 upper-division courses (60 units).
- You must declare a major before you complete 90 units. **Warning:** If you don't declare a major by the time you complete 90 units, you won't be allowed to enroll in additional classes.

#### Declare or change your major

##### First, select your major.

- Read [major descriptions](#) in the General Catalog.
- Talk with your college advisor.
- Explore majors by speaking with department advisors.
- Discuss [career options](#) with a Career Services counselor.
- Read the [Academic Senate policy](#) on Majors (section A).

#### Be aware of department and college approval requirements.

- Department approval is required if:
  - You have 150 or more total units passed.
  - Your major requires department approval.
- College approval is required if:
  - You have 150 or more total units passed.
- You are required to submit a quarter by quarter plan for any request that requires college approval.

#### Complete the Undergraduate Declaration or Change of Major using the [Major/Minor tool](#).

- Allow 3 to 5 business days if your request only requires department approval. Allow 6 to 10 business days if your request requires both department and college approval.
- If you are requesting a [Capped Major](#) that's outside of your current department, you will be redirected to the [Capped Majors Application](#) to submit your request.

**Majors/Minors**

- Undergraduate Majors
- Capped Majors
- Majors With Pre-major Status
- Declare or Change a Major**
- Change Graduate Major
- Declare a Double Major
- Declare a Minor

**See also**

- Virtual Advising Center
- Major/Minor tool

- Remember, you don't have to know for certain which major you'll pursue yet. You will have plenty of time to explore options and take advantage of campus resources, including meeting with advisors at Marshall College, in the departments, and at the Career Center.
- If you are currently undeclared or have a declared major, but are interested in changing majors, please note that you will not be able to officially declare or change majors until you have enrolled in Fall classes.
- As we mentioned, if you are planning to pursue a capped major, you will need to follow the major's specific requirements to be considered for the major.
- Students can declare any non-capped major through TritonLink's 'Major/Minor' tool.

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# QUESTIONS? COMMENTS? CONCERNS?

THANK YOU FOR TUNING IN!

Marshall College Academic Advising

- At this time, we will review and answer any incoming questions you may have.
- Please keep in mind that only general questions, which will be available for public review, can be addressed during our session.
- If you have academic questions that are specific to your record or personal situation, you will have the opportunity to contact Marshall Advising through Online Advising.
- Online Advising will be accessible through the New Student Site starting August 19<sup>th</sup>.