



How to Choose a College Major

Group Discussion: "Major Match"

Lesson Objective: To help students understand the diverse career options available for various college majors and to encourage flexibility in career choices.

Introduction: Begin the session by explaining to the students that they will explore various career possibilities associated with different college majors. Emphasize the importance of understanding that the choice of a major does not limit their career options in the future.

Instructions: The facilitator or teacher should present a college major from the list (e.g., Biology) and ask students to propose careers related to that major.

- **Biology**
- **Business**
- **Criminal Justice**
- **History**
- **Computer science**
- **Music**
- **Sociology**
- **Math**
- **Communications**
- **Art**
- **Engineering**
- **Psychology**

1. Go around the room, allowing each student to suggest a career associated with each major presented.
2. Encourage students to provide brief explanations for their choices.
3. Facilitator may interject to ask students for more details or to explain the relevance of their career choice to the major.
4. Repeat the process for 3-4 different college majors from the list.

Discussion: After the Major Match activity, gather the students for a discussion.

- Ask the students if they were surprised by any of the career options associated with the different majors.
- Emphasize that while certain majors may provide a more direct path to specific careers, their major does not define their entire future.
- Explain that life is filled with opportunities for learning, growth, and change, even after college or retirement.

Conclusion: Summarize the key takeaways:

- Choosing a major is an important step, but it doesn't limit one's career possibilities.
- Flexibility and adaptability are crucial in the ever-changing job market.
- Encourage students to explore their interests and passions rather than feel locked into a specific major or career path.
- Education is a lifelong journey with room for new interests and pursuits at every stage of life.