“It’s my first-semester and I’m undecided on my major.”

Add the following courses*:



English Composition

ENGL C1000: Academic Reading & Writing or AMLA 1A English for non-native speakers (4 units)

- Writing will be a fundamental skill that you will use in all college courses. This course is required for a degree and transfer to a 4-year college.

Career & Major Exploration

COUN 5-Career & Life Planning (3 units)

- This course will provide comprehensive career assessments to identify your personality, interests, values, and skills. Career/major research and job readiness skills will be provided.

COUN 51-Career & Life Planning (1 unit)

- This course is an introductory course to career exploration. Career assessments of personality, interests, values, and skills will be provided.

General Education

- The requirement for general education courses is intended to ensure a well-rounded learning experience.
- It may also provide an opportunity to take an introductory course to explore a major.
- There are two options to select **general education courses**:
  - CalGETC (CSU/UC) *or*
  - Mt. SAC’s Associate degree

MT. SAC
Mt. San Antonio College
COUNSELING SERVICES

MTSAC.EDU/COUNSELING
909-274-4380

Why choosing a college major is important?

Many careers require specific skills or tied to certain majors.

Provides a clear academic pathway in course selection and ensuring that you meet the requirements for graduation

Supports a deep understanding and expertise in a specific subject.



What can I do to help with my exploring major & career options?

Attend a *Major Exploration Workshop*

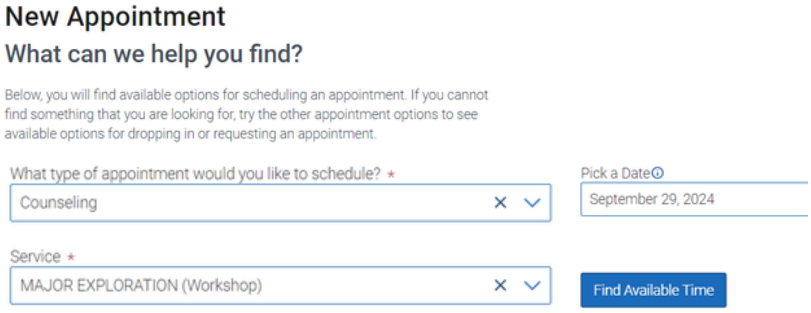
This small group workshop will cover learning tips, tools & techniques to help you get from undeclared to career-focused.





Sign up for a workshop by clicking on this link or go to tinyurl.com/y3weu2c3

1. Log on to Navigate
2. Click on "Appointments"
3. Click on "Schedule an Appointment"
4. Use the drop-down menu to choose "Counseling" & "Major Exploration (Workshop)"



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