Major & Career Exploration: A Team Based Approach
By Stacy Stewart, PhD
Coordinator of Career Services

Having trouble deciding on a major? Thinking of switching your major for the umpteenth time? Not sure how to link your course work to the career world? Together with your faculty advisor, Advising Services and the office of Community Engagement & Career Development, you can engage in an intentional and meaningful exploration of major and career. With a team based approach to major and career exploration, you will be able to answer those inevitable questions at family gatherings-- “What are you majoring in, and what do you plan to do with that major?”

You will be able to respond that you have a whole team assisting you with exploring majors and connecting them to careers; that you have a strong understanding of your role in life, in work and as a citizen.

To begin, have conversations with your Faculty Advisor and your Advisor from Advising Services. These conversations will focus on your interests, the hobbies and activities you enjoy, classes you found interesting, groups and organizations you have been a part of or would like to join, previous work experiences and your strengths. You will be introduced to the Major2Career sheets (https://usm.maine.edu/cecd/major-2-career), where every major at USM has a sheet devoted to learning more about the major and the potential careers connected to it.

The next step will be meeting with a staff member in the office of Community Engagement & Career Development. With our help, you can further explore your interests, learn about internships, service learning and volunteering opportunities, explore work opportunities through the USMCareerConnections site (https://usm.maine.edu/cecd/usmcareerconnections), and take assessments that can also help guide your choices. You can also arrange to have your resume and cover letter reviewed, and learn about LinkedIn and other career resources such as O*NET (www.onetonline.org).

The office of Community Engagement & Career Development is committed to assisting you in connecting to a wide variety of experiential learning opportunities through strong community relationships throughout Southern Maine and on campus. Take the first step today! Meet with your Faculty Advisor, your Advisor from Advising Services, and stop by Community Engagement & Career Development. We look forward to seeing you!

About to graduate? Need your cover letter and resume reviewed? Set-up an appointment today by calling 207.228.8091, or drop-in during walk-in hours: Portland - 100 Payson Smith, Monday & Thursday: 10:00AM-12:00PM, Tuesday: 1:00PM-3:00PM and in Gorham - 119 Bailey, Thursday:10:00AM-1:00PM. Keep a look out for drop-in times during Senior Week in the Woodbury Campus Center.