

## Breaking Up With Your Major Transcript

Isabel

00:00:00 What we're going to be talking about today. My favorite title of our podcast episode so far, Breaking up with your major.

Juli

00:00:07 Yes. I think as a first year student, there can be a lot of pressure like, oh my God, I'm just getting started. But because you're just getting started, you're also realizing how valuable your time is. So you're really wanting to make the most out of your time and your academic journey and kind of figuring out if you're on the right path for what you're wanting to do with your future.

Isabel

00:00:27 Yeah. I think a big part of that goes right into, do you not like the material, or have you not done enough to really experience it in real life? I know, like as a bio pre-med major, there's a difference between some of the stuff we're really learning in class. So, at the molecular side of things and then actually being in the field. And so I think one way to really decide if it's your major, if it's true for you or not, is being able to experience it in real life. And maybe that's through an internship or joining a club on campus. You can find that outlet.

Juli

00:00:59 Yeah, I 100% agree when it comes to UA. I was a psychology major and then I had human development as a minor, but one of my introductory classes actually had us going to the Child Development Center and observing the kids. And for me, that was such a great application of what I wanted to go into because I loved it so much, I decided to add it as a major. And I think for a lot of majors, depending on whether it's very academic or sub-focus, it can be very conceptual or it can be very application based. And I think depending on the type of person that you are, the way that you like to learn and the way you kind of want to see your future plan out, that could also determine how much you love. Or maybe your major isn't the right fit for you.

Isabella 00:01:53

We also have the career center, and they can help you with resume building and really trying to find that niche. So you are prepared for not only the career fair but also after college as well.

Juli 00:03:18

Yes. And we'll definitely hit on some more resources with the career center later. But going back to like figuring out what you're doing with your major. We can go ahead and talk about possibly building your major.

Isabel 00:03:31

Gosh, yes. I think this is such a cool thing that UA has to offer. And so basically what you can do is you can join the new college and kind of build your major the way you want it. I have a

friend who didn't have her major here at UA, and so she kind of created what she wanted with New College. And you're able to work with an advisor and kind of create the steps you would need, choose the classes you would need to achieve that major, maybe at another college or whatnot. So you're still able to graduate from UA with your ideal degree.

Juli 00:03:59

Which is so awesome because UA has hundreds of awesome programs. I know, for example, a girl that I know wanted to do marine science, but Alabama isn't really known for the marine science programs, but she was able to do it anyway. And with the new college, you can do a major and/ or a minor. And with new college, what they kind of help you with.

Juli 00:04:19

At some point I was looking into it, so I was kind of interested. But you can essentially look at other universities' programs and their curriculum and kind of adhere to UA's courses that they offer to kind of build that curriculum to go into the field that you're wanting.

Isabel 00:04:33

Yeah. That's awesome. I think what you really need to do if you are thinking about taking this step, is to talk to a New College advisor and / or your advisor. Right now, they're able to tell you, maybe we do have that major and you just haven't found it yet. Or maybe they're like, yes, this is a great idea for you in the path you want to go on. So even if you're questioning it, my first advice is always to reach out to your advisor or the new college advisor.

Juli 00:04:55

Definitely. And I think sometimes, like I know for me, when I was figuring out what I was building my career to be and my academic journey on, I kind of think I just wanted a sounding board so I could go through ideas.

Isabel 00:05:07

Like talk it through and make a game plan.

Juli 00:05:09

Make a game plan. And I think your advisor is a great person to be able to do that with.

Isabel 00:05:14

Yeah, absolutely. Okay. I want to go back to the career center for a little bit because they do so many amazing things. Do you want to take it away Juli?

Juli 00:05:21

Yes, I would love to. So if you were one of those people where it's like, I have this major, but I don't know if it's the right fit for me, the career actually offers one on one appointments essentially for career and major finding / matching opportunities. So they actually have a questionnaire called Focus 2, which is an online website where you can essentially answer questions based off your work ethic, what you're interested in, what your skills are, and it will

actually give you a layout of a couple of different career options and then majors that might fit in that option as well.

Isabel

00:05:54 And I think that's similar to some aptitude testing they also do over there. So you can kind of see what major would do best for you. And also if you do have a major and you're not sure what you can do with it, they can also do a major breakdown, so they're able to find what you could do after you graduate with that major, whether that includes going back to school or going straight to the workforce. They're really helpful with all those facts.

Juli

00:06:14 Yeah, they really are. And a lot of this is also offered virtually through the Career Center website. So if you're nervous about maybe speaking to someone in person or you don't want to make a phone call, for the most part, a lot of this can be found virtually, which is super great and accessible at all times.

Isabel

00:06:29 Absolutely. Juli, question for you. If I know correctly, you actually added a minor after your freshman year?

Juli

00:06:39 Yeah. So I came in with a major and a minor. And then currently I'm double majoring and then I had space, so I added a minor.

Isabel

00:06:47 Yeah. So can you talk more about that? Because I know whenever I was a freshman, I toyed with the idea of possibly adding a minor in something else I really enjoyed, and maybe not my major at the time. Do you want to talk some more about that?

Juli

00:06:58 Yes, I would love to. So currently my minor is in personal finance. I chose this minor for me because it was something that I thought I could really grow from and could really help my future and in my planning decisions. But I've also met a couple other people that they'll minor in dance or theater, and it can be a really great outlet for them and something that they have time and space in their schedule for. So I think with adding a minor, it's always great to talk with your advisor, see if it works for your academic plan, and then also see the really great options that come with adding a minor that might not be as large or as strenuous as a time commitment as a major.

Isabel

00:07:42 And so I think if you're on the track of possibly breaking up with your major, so we're saying this episode, I think take those fun classes, and if you really fall in love with one of them, adding it as a minor is a great stepping stone to see if you'll truly enjoy that major before you break it off with your first major.

Juli

00:08:00 Yes, and I think with adding a minor, depending on your field, it can also add a level of expertise within, like having a specialty or a concentration. It kind of adds a little extra pin in your cap in terms of things that you have more knowledge compared to some other people in your field.

Isabel

00:08:20 That's great advice. Going back to the fun classes that I just mentioned. We have so many fun classes here at UA. There's one called Wedding Planning that I've wanted to take for years, and I'm not sure if I need a prerequisite or not to take it, but if I don't catch me in there at some point.

Isabel

00:08:35 But this is just a nice little plug to say look at your degree works. Look at your UA catalog, because there are so many fun classes that we have. So you could always immerse yourself a little bit more. Take a class outside of your major. See if you fall in love with it.

Juli

00:08:51 I needed a humanities credit my freshman year, so I took a theater class, and I absolutely loved it. We were required to go to UA productions. They were awesome productions we saw and also shout out to the kinesiology department. They have really amazing elective classes like you can take a horseback riding class.

Isabel

00:09:11 You're kidding.

Juli

00:09:11 I'm not kidding. You can literally take a horseback riding class or I had a friend last semester and he took a one credit indoor cycling class. That's so cool. Yes, I think kinesiology, they have a lot more like the gym or PE requirements, but if you're looking for an extra credit or if you're looking for a great outlet that is literally built into your schedule, that's a great option to look into.

Isabel

00:09:33 And if you are thinking about changing your major but you're worried about it setting you behind, try not to get too stressed out right now. Obviously, talk to your advisor about what's going on, but statistically, most college students change their major at least once.

Juli

00:09:48 Yeah, that is true, I think. I think I read a stat that was like it might be up to like four times, like the average person, changes their mind at least, whether it's on paper or mentally at least four times. And I think that's both a good and a bad problem to have. It's a great problem to have so many options and have such wide interest in variety, but we also completely

understand how stressful it can be to feel like this is your end all, be all. But with that being said, a lot of people use their major in various ways. Some people go into fields where their major is not even exactly related to their field or industry that they go into.

Isabel

00:10:24 I think my biggest takeaway from this episode would be if you are thinking about changing your major, adding a minor, etc. talk to your advisor. They can see your degree works. They can see how much you've completed of your degree so far and how that may impact you. There's also a "what if" feature to see possibilities of new majors and courses. I loved playing with that as a freshman, just playing around. Like if I change my major right now, how would that impact me? So that's also something to play with if you're thinking about changing it and you want to see how much it would push you back a little bit.

Juli

00:10:54 Indeed, yeah. Whether you decide to break up with your major or not this semester, please know that the first year experience office has nothing but love and support going your way.

Isabel

00:11:03 It was so nice talking with you guys today. We can't wait to see you next time. Bye!