Exploring ideas for a major

1. Think about your interests. To get started, try these activities:

- Identify one thing you cannot live without, or one thing that has always been one of your interests for a long time.

  Think about other parts of your life that connect with that passion, and all the activities you take part in that are related to, part of, or similar to that passion. Where might these interconnected interests lead you? What kinds of courses and majors will move you toward those places?

  For example, suppose one thing you have always liked to do is cook. When you cook, you look for new ways to make nutritious food look and taste delicious. You collect cookbooks with colorful photos of food in them. You enjoy going to new restaurants, trying new kinds of foods, and critiquing restaurants online and with your friends. Every time you try a new dish or eat a great meal at a restaurant food, you take a photo with your phone and make notes about the food. You often text these photos and notes to friends who are interested in food, too.

- Find what matters to you. Try this:
  - List three things you love to do.
  - List three things you are good at doing.
  - List three things you will argue about /for, or really “go to the mat” to defend.

  Now, look for overlaps (Is the same thing on more than one list?) and associations.

  For example, suppose your lists look like this:

    Three things I love to do:

    Eat

    Talk to people

    Run

    Three things I am good at:

    Sprinting

    Helping people figure out how to put things together

    Math

    Three things I would fight about or for:

    The Pittsburgh Steelers
Freedom to do what people want to do

My family and friends

Overlaps? Not exactly, but sports or sports-related topics are on all three lists. Associations? Look at how many topics have to do with other people. Hmmm...

2. Think about where these interests can lead you.

Examples

Cooking: Some obvious places: Chef, restaurant critic. Not so obvious: restaurant owner or manager, photographer or illustrator for food magazines (print/online), owner of gourmet food or cooking store, travel/food writer, crime novelist whose hero is a small-town food critic, nutritionist, botanist, genetic engineer.

Sports and people: Obvious: Coach, athlete, physical education teacher. Not so obvious: Sports writer, physical therapist, physician in sports medicine, owner of a gym, manager of recreation facility, activities planner, psychologist/sports psychologist, college professor

3. Explore the catalog. What courses and majors at OWU relate to your interests and possible paths you might take?

Cooking example: EMAN, environmental studies, non-fiction writing, photography, BOMI, HHK sports science concentration, engineering...and you might sign up for the Food Connections courses.

Sports and People example: HHK (any concentration), pre-med, psychology, non-fiction writing, sociology, urban studies, ECON/EMAN...