

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

Add the following courses*:



English Composition

**ENGL 1A: Freshman Composition or
AMLA 1A English for non-native speaker
(4 units)**

- Writing will be a fundamental skill that you will use in all college courses. And 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 a comprehensive career assessments 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 a introductory course to career exploration. Career assessments in personality, interest, 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 introduction course to explore a major.
- There are two options to select general education courses or go to tinyurl.com/mry8sez3:
 - IGETC (CSU/UC) (3-6 units) or
 - Mt. SAC's Associate degree (3-6 units)



*How many classes to take in my first term? or go to tinyurl.com/mrxhc6sy or



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](https://tinyurl.com/y3weu2c3) 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)"

New Appointment

What can we help you find?

Below, you will find available options for scheduling an appointment. If you cannot find something that you are looking for, try the other appointment options to see available options for dropping in or requesting an appointment.

What type of appointment would you like to schedule? *

Counseling



Pick a Date

September 29, 2024

Service *

MAJOR EXPLORATION (Workshop)



Find Available Time



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