



UNIVERSITY OF
CALGARY

How to Choose a Major

An Introduction to Self-Reflection and Decision Making in the Major Exploration Process

Exploratory Advising
Student Success Centre

Learning Outcomes

Apply the steps
of the
exploration
process

Develop Skills

- Self-reflection
- Information-gathering
- Evaluation
- Decision-making

**Develop
Confidence**
applying these
skills to your
exploration
process

Engage in the
exploration
process as a
foundation for
choosing a
major

Today's Discussion Topics

Topic One

Understanding exploration process:

model for effectively choosing a major

Topic Two

Exploring your degree options:

- reflect & connect
- info & options
- evaluate & decide

➤ HTCM Workbook

Topic Three

Understanding your degree:

degree structure & degree audit tool

Topic Four

Understanding COP Process:

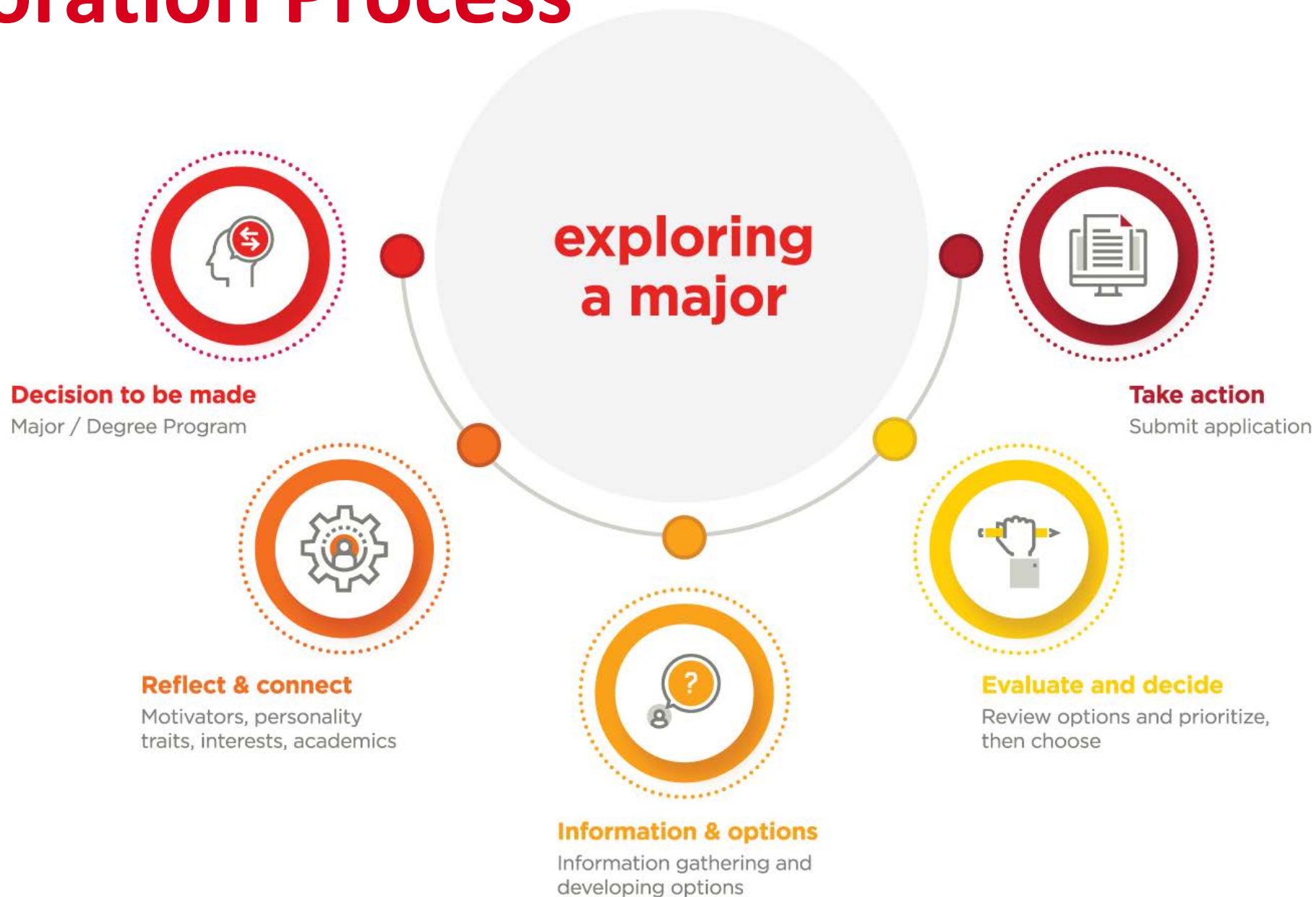
- key info
- application
- admission



UNIVERSITY OF
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Topic One:
**Understanding
Exploration Process**

Exploration Process



Topic Two:
**Exploring Your
Degree Options**

HTCM Workbook

Reflect & Connect

A person with short dark hair, wearing a grey and black striped sweater, is seen from behind. They are looking at a wall covered with various papers, diagrams, and sketches. The papers include flowcharts, mind maps, and handwritten notes. The overall scene suggests a creative or analytical workspace.

Motivators

Academics

Personality Traits

Mind Map

Interests

Non-Options

Information Gathering Tools



The screenshot shows the 'Future Students Overview' page. It features a navigation menu on the left with options like 'Undergraduate', 'Graduate', and 'Continuing Education'. The main content area is titled 'What program is right for you?' and includes a search bar and several icons representing different student profiles: Creative, Organized, Entrepreneur, Investigative, Realistic, and Social. Each icon is accompanied by a brief description of the student's characteristics and interests.

What programs
does UCalgary
offer?

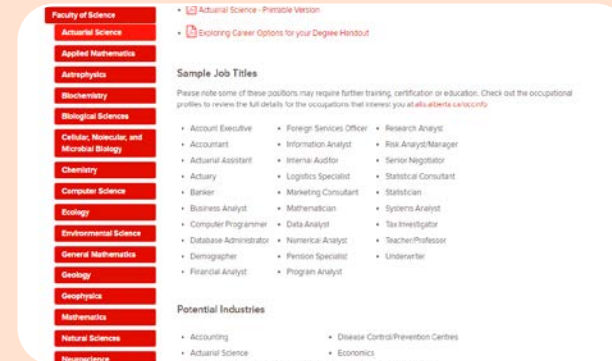
Explore
Programs!



The screenshot shows the 'CALENDAR | 2018 - 2019' page for the Faculty of Arts. It includes a table of contents with sections like 'Welcome', 'Important Notice and Disclaimer', 'Academic Schedule', 'Types of Credentials and Full Degree Requirements', 'Undergraduate Degrees with a Major', 'Combined Degrees', 'Minor Programs', 'Student and Campus Services', 'Admissions', 'Academic Regulations', 'Co-operative Education/Internship', and 'Tuition and General Fees Awards and Financial'. The main content area is titled '4.14.1 BA in Communication and Media Studies' and lists 'A. FACULTY OF ARTS REQUIREMENTS', 'B. MAJOR-FIELD REQUIREMENTS AND RECOMMENDED SEQUENCE', and 'C. DEGREE OPTIONS'.

Where can I
learn program
content?

Academic
Calendar!

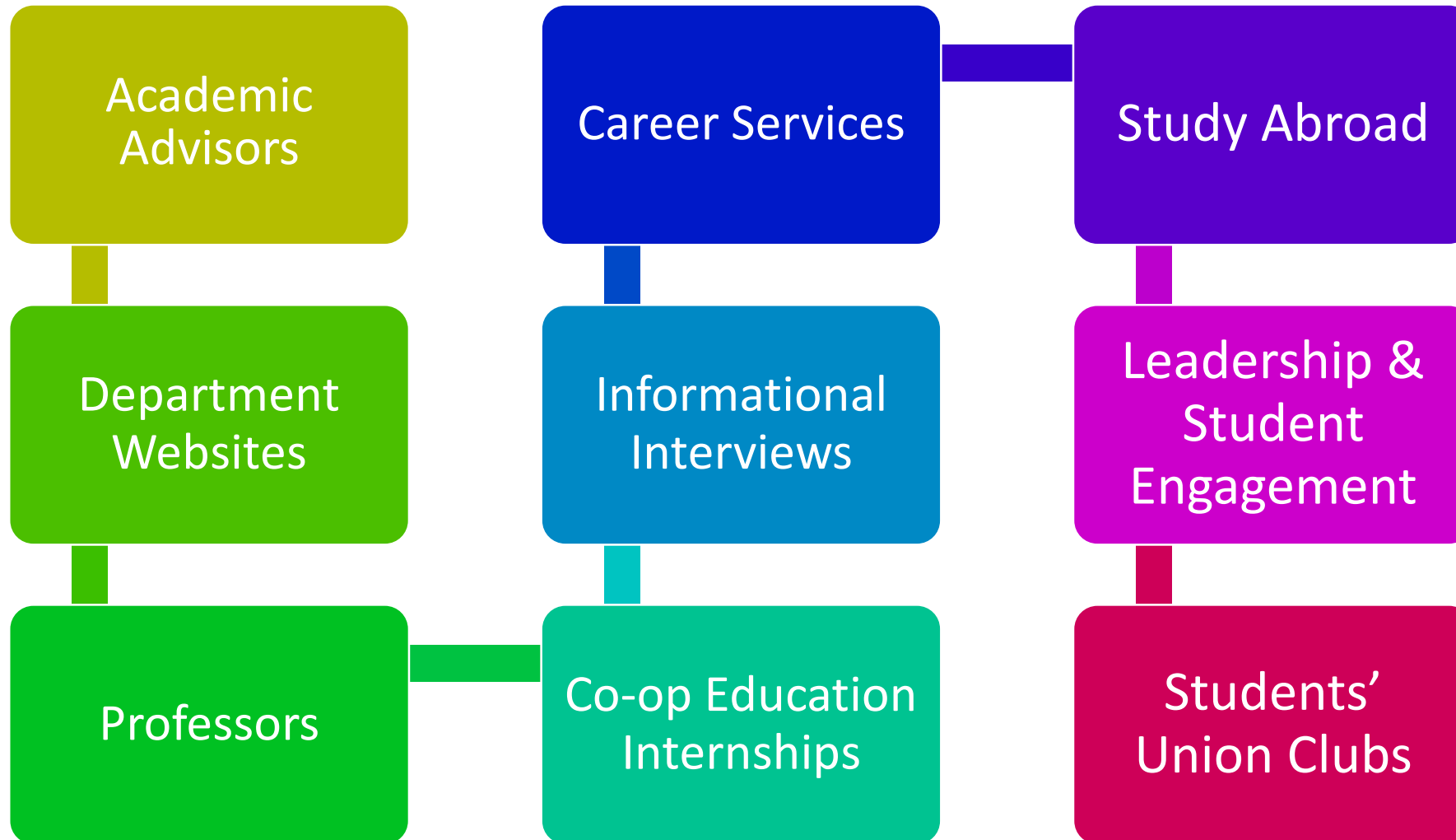


The screenshot shows the 'Degree Profiles' page for the Faculty of Science. It features a list of degree programs on the left, including Actuarial Science, Applied Mathematics, Astrophysics, Biochemistry, Biological Sciences, Cellular, Molecular, and Microbial Biology, Chemistry, Computer Science, Ecology, Environmental Science, General Mathematics, Geology, Geography, Mathematics, Natural Sciences, and Neuroscience. The main content area is titled 'Sample Job Titles' and lists various career paths such as Account Executive, Accountant, Actuarial Assistant, Actuary, Banker, Business Analyst, Computer Programmer, Database Administrator, Demographer, Financial Analyst, Foreign Services Officer, Information Analyst, Internal Auditor, Logistics Specialist, Marketing Consultant, Mathematician, Data Analyst, Numerical Analyst, Pension Specialist, Program Analyst, Research Analyst, Risk Analyst/Manager, Senior Negotiator, Statistical Consultant, Statistician, Systems Analyst, Tax Investigator, Teacher/Professor, and Underwriter. It also lists 'Potential Industries' like Accounting, Actuarial Science, Disease Control/Prevention/Control, and Economics.

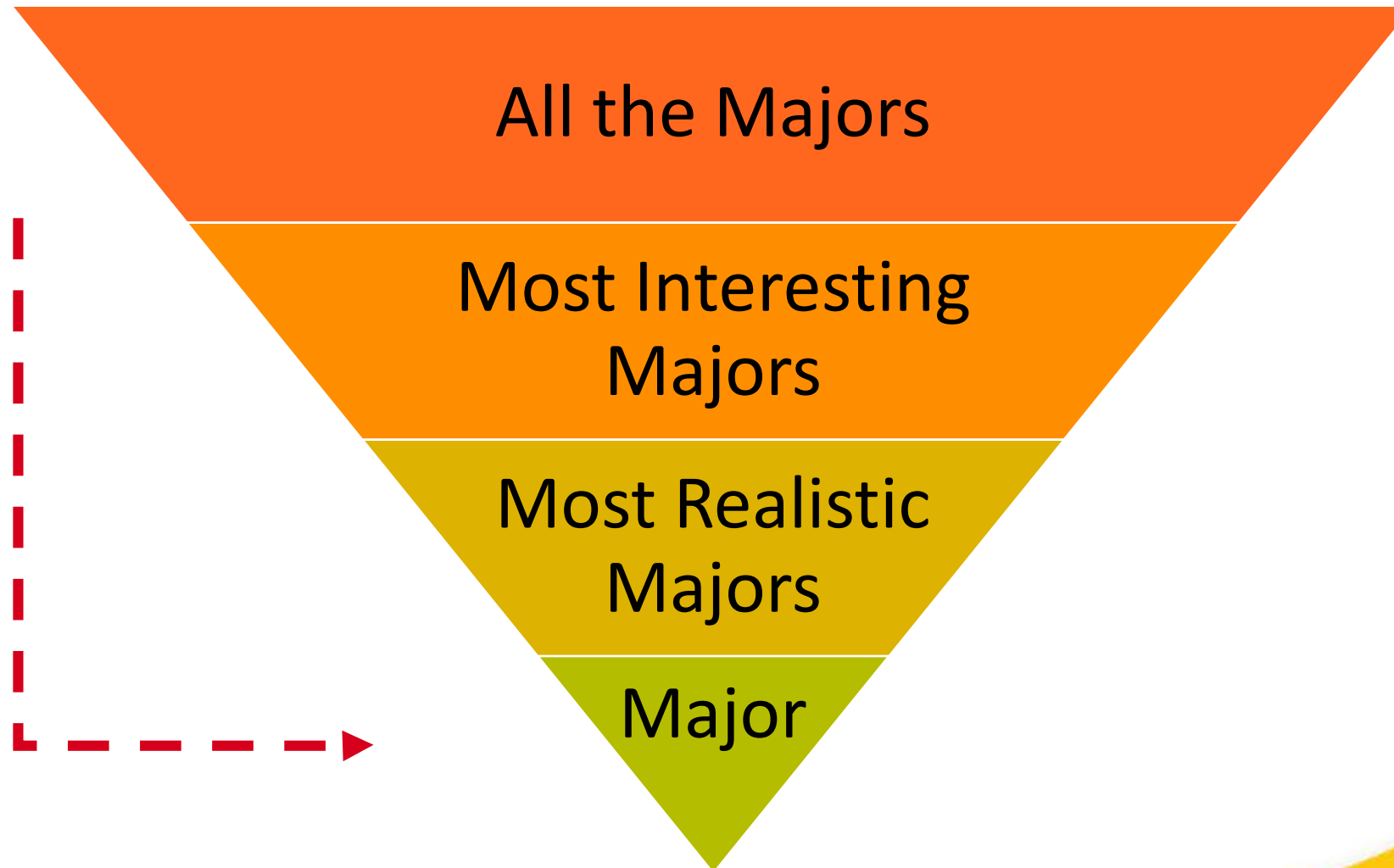
What can I do
with my degree?

Degree Profiles!

Connect with Resources



Evaluate Your Options



Decide

#1

What is your
first choice
degree
program?

#2

What is your
back-up
degree
program?

Topic Three:
**Understanding
Your Degree**

Degree Terminology

Degree

BHSc

BComm

BA

BSc

Faculty

Cumming School
of Medicine

Haskayne School
of Business

Arts

Arts

Major

Bioinformatics

Accounting

Philosophy

Geography

Minor

Music

French

Data Science

Math

Degree Structure

Major	
Major	Options
14	26
24	16
38	2
40 courses = 120 units	

Major + Minor		
Major	Options	Minor
14 - 38	2 - 26	10 - 12
40 courses = 120 units		

Degree Structure

Double Major

Major
14 – 24

Major
14 - 24

40 courses = 120 units

Combined Degree

Major
14 - 38

Major
14 - 24

Options
up to 22

50 courses = 150 units

Degree Audit Tool

How do I know which courses to take to explore my options?

- *What-If Advisement Report*
- Located in Student Centre – **Program & Advising Info** tab
- Provides list of requirements met and to be completed
- Provides lists of courses available to satisfy requirements
- Use prior to course registration and to understand desired program before submitting COP application

Topic Four: Understanding COP Process

COP Process

What is a Change of Program?

- Webform in Student Centre – **Program & Advising Info** tab
- Free application available once per year
- Allows for one program choice
- Use to make *any* change to current program
 - Declare major/program
 - Add combined degree, minor, embedded certificate

COP Admission

What do I need to be admitted?

- All majors/programs have admission requirements
- High school courses, uni-level prerequisites, uni GPA
- Evaluation based on Fall semester and prior only
- GPA = min 12units/4 courses to max 30units/10 courses
- Speak to a Program/Academic Advisor in desired faculty

**Still have questions?
Connect with Exploratory Advising!**

Book an appointment

success.ucalgary.ca

**Are you in Arts Undeclared?
Watch for the *Arts Undeclared Newsletter* delivered monthly to
your UCalgary inbox!**



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