

How do I choose a major?

Need help exploring programs? Visit success.ucalgary.ca to book an appointment to meet with an Exploratory Advisor in the [Student Success Centre](#)

Decision to be made

Choose a Degree Program

It is important to consider if a program meets your personal needs. To do this, **notice the following about yourself:**

Reflect & Connect

Motivators

What brought me to university?
What excites me about university?

[Motivators Sheet](#)

Personality

What makes me unique?
What personality traits guide my decisions?

[Personality Mosaic](#)

Interests

What do I talk about/ read about/ watch in my free time?

[Interests Inventory](#)

Academics

What classes have I enjoyed most? Which assignments am I good at?

[Academic Successes](#)

Info Gathering & Options

Once you know more about yourself, it's time to gather information and determine your options:

To apply your personality codes  [Explore Programs](#)

To learn about career options  [Degree Profiles](#)

To see which classes interest you  [Academic Calendar](#)

Evaluate & Decide

Once you've compared your program choices, it's time to determine which one or two programs you can see yourself pursuing. From there you are ready to take action!

Take Action

Apply for a Change of Program

[Application Instructions](#)