

5 Steps to Discovering Your Major and Career



YOU

Explore your interests, skills, values, and personality.

1 Gain a deeper understanding of your personality, interests, values and skills as they relate to majors and careers through the free **TypeFocus** assessment.

- [Register your TypeFocus account here](#) using Access Code “LSUBR2020”.

2 Explore your interests further as they relate to majors and careers through the free **FOCUS 2** assessment.

- [Register your FOCUS 2 account here](#) using Your Access Code “tigers” and your LSU email address, including @lsu.edu.



MAJORS

Discover potential majors and the careers they can lead to.

3 Review [majors at LSU organized by interests](#). Consider using the [LSU General Catalog](#) to review the Degree Program for majors you are considering to see if the required courses sound interesting to you.

4 See careers related to each major by clicking What Can I Do With This Major? on [this LSU Olinde Career Center website](#).



OCCUPATIONS

Consider the tasks, educational paths, environments, and salaries of different occupations.

5 Visit the **O*NET** and the **OOH** to learn more about occupations:

Click Advanced Search on the [O*NET web page](#) to explore occupations by interests, skills, values, and more.

Search for occupations you are interested in using the Search Handbook bar on the [OOH web page](#), then select the How to Become One tab to learn about the educational path.



CAREER DECISION

Once you have taken the 5 steps above, work to secure experiences that will help you solidify your choice of major and career.

Arrange [informational interviews](#) and job shadowing to learn from professionals in careers you are interested in.

Use [Handshake](#) to search for internships and part-time jobs in the industries you are interested in.

Identify [student organizations](#), [volunteer opportunities](#), on-campus jobs in [Handshake](#), and class projects that will help you build skills and [Career Competencies](#) related to your career of interest.

Want some one-on-one coaching in this process? Schedule an Exploring Majors and Careers appointment through [Handshake](#) or by email to career@lsu.edu.