



APPLYING YOUR STRONG RESULTS TO COLLEGE MAJORS

Your *Strong Interest Inventory*® Profile provides valuable information that can help you organize your search and evaluate your options for selecting a college major. However, it does not tell you which specific major to pursue. You will need to take some active steps to identify and narrow your options.

STEP 1: USE YOUR GENERAL OCCUPATIONAL THEMES

Pick two academic majors listed within your top Themes that appeal to you in some way.

Pick one or two other majors offered by your college that are *not* listed on your Profile but seem related to your top Themes.

STEP 2: USE YOUR BASIC INTEREST SCALES

Review your highest Basic Interest Scales and pick two or three majors that include classes similar to those listed on your Profile.

Be creative: Identify majors that combine your highest Basic Interest areas.

STEP 3: USE YOUR OCCUPATIONAL SCALES

Pick three occupations from your most similar Occupational Scales. Identify one related major for each.

Majors

To identify majors, use the list of related classes and careers as a guide, and visit your career library or web sites to identify majors that prepare you for those careers. Remember to focus on the work tasks and environments the occupations have in common, not just on the occupational titles.

STEP 4: RESEARCH YOUR RECURRING MAJORS

Notice any majors that recur in your lists above. Begin your research with these. If your list includes more than five different majors, pick three to five that interest you most to begin your search. List them in column 1 of the chart in Step 6 on the next page.





STEP 5: RATE YOUR MAJORS

Visit department web sites to learn about each major listed in column 1 below. In column 2 below, rate each major Low, Moderate, or High for how well the coursework fits your top Themes, interests, skills, values, and activities.

STEP 6: USE YOUR PERSONAL STYLE SCALES

Evaluate each major in column 1 against your Personal Style Scale preferences. How well do the activities required for each major fit your preferred styles? In column 3, rate each major Low, Moderate, or High for its overall fit with your personal style.

Major	Coursework Rating	Personal Style Rating
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____

Take time to research any remaining majors in your original list and rank them in similar ways.

STEP 7: REVIEW WITH A COUNSELOR

Review this list and discuss your findings with a college counselor or advisor to help you choose among your top options.

REMEMBER: CHOOSING A MAJOR IS DIFFERENT FROM CHOOSING A CAREER

- Choosing a major is only one step toward exploring a number of career paths.
- Careers are not mapped one-to-one to academic majors: any major can prepare you for a number of different careers.
- Almost every career includes people who majored in diverse academic fields.
- It is not uncommon for students to change majors several times during college as their interests develop and they are exposed to new areas.
- The *Strong* provides only one piece of information you need to make good decisions; your abilities, values, goals, lifestyle, and family concerns also need to be considered.
- Use your *Strong* results to identify courses and activities that will motivate you and point you toward a rewarding college experience.

