

Struggling to find the major right for you is completely normal: many students change their major at least once during their academic career. You can find help from many sources in your search for the major that best fits your interests and talents:

- As first step, meet with your adviser. After you, he/she is probably the person at JCU who best knows your interests and the courses you have taken so far.
- Then, you could meet with an academic coach to explore options through goal, interest and talent assessment. Please, contact Hannah at hsuttles16@jcu.edu or Brent at bgibalabroholm17@jcu.edu.
- The Career Center can help you answer questions which are important in choosing a major: Who am I and what am I passionate about? What careers best fit my passions and talents? How do I get there? Career Center advisors can help point you in the right direction and give those gentle 'nudges' you may need in your exploration process. Call 216.397.4237 to schedule an appointment or go to <http://sites.jcu.edu/careercenter/pages/students/choosing-or-changing-your-major/>
- You can explore possible majors and major requirements by visiting <http://sites.jcu.edu/academics/pages/departments-and-programs/> or checking them out in the Bulletin (<http://sites.jcu.edu/undergraduatebulletin/home/2017-2019-undergraduate-bulletin/>)
- You can discuss opportunities and requirements with professionals and faculty in your fields of interest or with upper-class students in the majors you may be interested in.
- You may consider visiting the JCU Mentoring Network, a database of mentors, exclusive to JCU students, which provide direct access to alumni profiles, intended to provide examples of careers that began with a JCU degree and foster meaningful connections that will inspire, encourage and provide support to you. <http://mentoring.jcu.edu/>

When you have settled on one or two possible majors, meet with your adviser and/or the appropriate Assistant Dean (Ms. Laura Atkins for the Boler School of Business, Dr. Carlo DeMarchi for Freshmen and Sophomores in the College of Arts and Sciences, and Dr. Catherine Sherman for Juniors and Seniors in the College of Arts and Sciences) to elaborate a course-plan that brings you to declaration and graduation.