

# The First-Year Advising Discussion Guide

---

<b>Advisors initiate discussions with their advisees in the areas noted.</b>	<b>First Year: Exploration Who am I?</b>
<b>Discover Passions</b>	<ul style="list-style-type: none"><li>▶ How the Liberal Arts and Science Curriculum contribute to an educated person</li><li>▶ Personal and academic skills, abilities, interests and values</li></ul>
<b>Develop Intellectually</b>	<ul style="list-style-type: none"><li>▶ Critical thinking skills, academic success strategies and positive learning attitudes</li><li>▶ College resources</li><li>▶ Academic integrity</li><li>▶ Satisfactory academic progress</li><li>▶ How to find and use the Degree Audit Report (DAR)</li><li>▶ Graduation requirements and major requirements</li><li>▶ Connections between LASC courses and major curriculum courses</li></ul>
<b>Shape a Changing World and Participate as a Community Member</b>	<ul style="list-style-type: none"><li>▶ The roles and responsibilities that characterize successful advisor-advisee relationships (Advising Expectations)</li><li>▶ The mission of MSUM</li><li>▶ Behaviors that promote wellness and advance a healthy campus and community</li><li>▶ The importance of meaningful relationships with faculty, staff and students</li><li>▶ The importance of participation in the campus community</li><li>▶ The significance of cultures for self and others</li><li>▶ Understand personal finances and student debt management</li></ul>

# Choosing a Major

A major should be interest-motivated. Choose a major you will enjoy. Understand your own personal goals and values. You will perform best in the areas that you are motivated. Below are some steps to consider as you explore your career and major options:

## Activities for Exploring Majors



### **Colleges and Departments**

Discuss areas of interests with colleges and departments and learn about the degrees and majors that match your interests.



### **Introductory courses**

Take courses from several departments. Gather information, experiment, and see what interests you. With careful planning you may fill LASC goals.



### **Meet with faculty**

Discuss with faculty how they became passionate about the field, what recent graduates are doing with their majors, what skills or interests are common among students, etc.



### **Meet with students**

Talk with students about their interest in their particular field, why they did they choose this field, what careers are they looking at, etc.



### **Family and Friends**

Talk to family and friends about choosing a major. It should be someone who knows you reasonably well and is willing to listen.



### **Career Development Center**

Visit the CDC for books, journals, job listing, and software to help you in your research.



### **Self-Assessments**

Explore your Likes, dislikes, strengths, weaknesses, values, sources of satisfaction, personality, goals, and ambitions.



### **Focus 2**

Utilize the CDC's FOCUS 2 program to explore majors at MSUM that match your interest and support your career goals, examine careers and fields that interest you, and develop a clear plan of action to advance through your education.



### **Job Shadowing/Volunteering**

Work with people in your field of interest. Job shadowing is a popular on-the-job training experience that helps you explore the day-to-day experiences of professionals in a particular field.



### **Informational Interviews**

Get an inside view of fields of interest. Utilizing informational interviews presents opportunities for an intimate and flexible inside view of a job field unmatched by other sources. The informational interview communicates the first hand experiences and impressions of someone in the occupation, and is directed by your question.