

UDAAN presents *Pathways: Choosing a Major*



Introducing UDAAN!

In Hindi/Punjabi, *udaan* literally means “to lift”. Udaan is Sahaita’s latest initiative intended to foster an environment of leadership, with youth guiding the youth. Our goal is to uplift the youth with unique resources and learning opportunities and further build a network of trust and perspective so that students like you can feel supported. This will in turn provide a foundation of familiarity and understanding that many parents/guardians may not be able to provide, especially if from immigrant backgrounds.

What is Pathways?

Pathways is an educational webinar series organized by the Sahaita Youth Board. This document covers the content of our first webinar - about navigating high school and preparing for college. Future webinars will touch on topics such as life after high school, traditional versus vocational paths, mentorship, and more. Have any ideas? Contact us at info@sahaita.org

What is Sahaita?

Sahaita is a nonprofit organization committed to educating, supporting and uplifting the underprivileged members of society. We accomplish this through healthcare initiatives, education sponsorships, vocational training and affiliated partner nonprofit organizations. We are a 100% volunteer run organization with teams in the US, Canada, and India.

Who is on the Sahaita Youth Board?

Glad you asked! The Sahaita Youth Board is made up of bright individuals who grew up in California. They are either in high school, college, or starting their careers and therefore provide a valuable perspective compared to that of those who were not educated in the US school systems.

Sahaita Youth Board



Supreet Thiara

Rising Junior at Purdue University
Bachelor's in Finance & Marketing



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Rising Sophomore at UC Merced
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Rising Senior at Mission High School



PATHWAYS WEBINAR:
CHOOSING A MAJOR



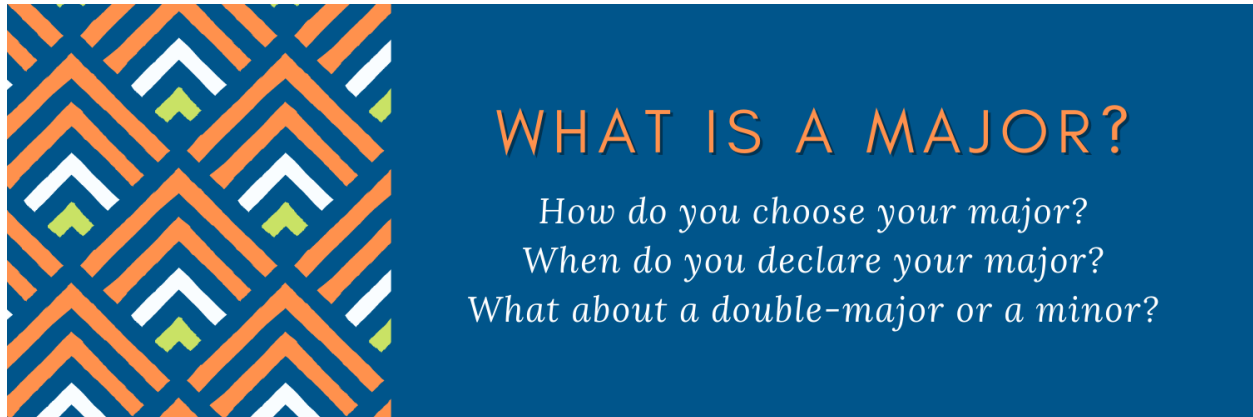
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This webinar focuses on selecting a college major. Making this decision can be overwhelming because of the abundance of fields to choose from. UDAAN's Pathways webinar series was started to help you get through. The end of this document has a worksheet that will help you explore different majors.

[CLICK HERE](#) for the Census Bureau's *Pathways After a Bachelor's Degree in _____* series!



"A major is a student's main field of specialization" when pursuing a degree at college or university (Learn.org). It consists of a combination of general and specialized courses designed by the college or university. "By completing a major, you demonstrate sustained, high-level work in one subject" (Collegetransfer.net)

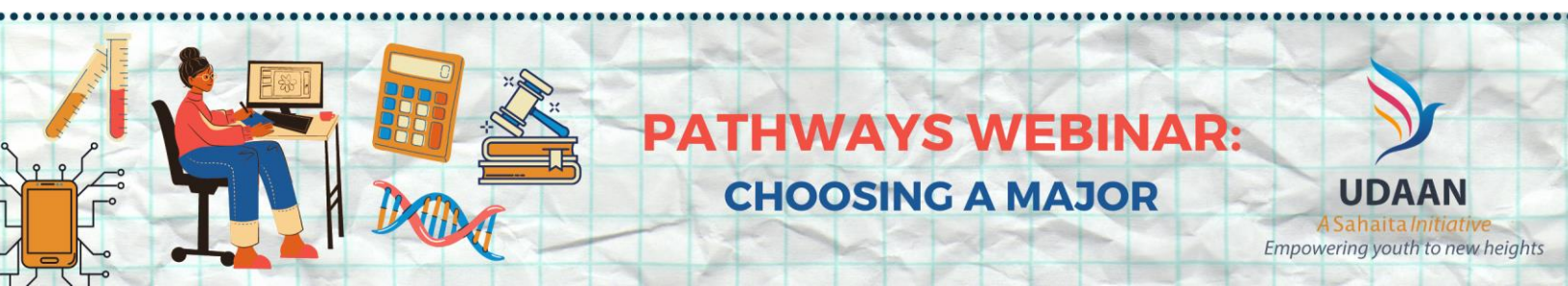
>> How to choose your major

What motivates you? You'll perform better in classes you're actually interested in.

Is there a particular career you want to pursue? If you can imagine yourself doing a certain job in the future, check the pre-requisite courses by area of study and see what makes most sense with that vision.

Do the schools you are applying to have special programs that interest you? For example, UC Davis has a renowned Veterinary Medicine program and therefore is a popular choice for students wanting to major in Animal Science (versus Biology or another science). Many majors are broad and allow you to choose a sub-concentration or emphasis. For example, your major could be Business and your concentration/emphasis could be in Finance, Marketing, etc. These sub fields may or may not be printed on the degree itself, check with your counselor if that's important to you!

How will your major and further studies or job impact you economically/financially? Average annual earnings (depending on location) and employment rates given economic volatility will influence your job satisfaction and happiness. At the end of the day, it's most important to do something you're interested in, not what others pressure you to pursue. If you enjoy something and have a passion for it then you will do well in it as long as you stay curious and seek opportunities. If you pursue something without a fascination



for the field, then you might find yourself unhappy and burnt out. Speak to counselors, students in the major you're considering, instructors who teach classes in that major, and people already working in the field. Building this network of connections will help you in the long run!

>> When to choose your major

Most 4-year universities don't ask students to confirm their major until the end of Sophomore year. You'll have the opportunity to declare a major when you apply to universities, but you can also select undeclared and decide later. According to the U.S. Dept of Education, "Within 3 years of initial enrollment, about 30 percent of undergraduates in Associate's and Bachelor's degree programs who had declared a major had changed their major at least once." If you declare it early on, you're not necessarily tied to it. If you want to change it down the line, it's important to take initiative and do your research. Talk to advisors so you don't miss deadlines, especially when switching to a completely different field of study versus within the same "school" (i.e. switching from a Bio major to a Business major - different "schools" or "colleges" altogether versus switching from Anthropology to Sociology, which would both fall under the Humanities "school" or "college").

>> What about double-majoring or adding a minor?

Doing a dual- or double-major could be a good option when two separate majors (usually related under the same "school" or "college" at the university) interest you. Although this will require more coursework than doing 1 major alone, it could provide a good supplemental skillset. Communicate with your advisor in case you need to be mindful of a unit cap (maximum number of units allowed by the university).

A minor is a small subset of specialized courses in a subject matter that the college/university designs. This allows you to dabble in a field without a heavy course commitment. It can be in a completely different area of study (i.e. Biology major with Philosophy minor). A minor could be a good option if the classes overlap with your major and you only need a few more to fulfill the minor requirements. NOTE: Your minor will likely not be listed/printed on your degree, but you can confirm with your university. Regardless, it is always worth mentioning on your resume and can be a great talking point during an interview (i.e. Business major with Anthropology minor - you can position yourself to better understand human behaviors and how they influence business performance and sales and therefore the economy as a whole.)





UNDECIDED OR UNDECLARED

Choosing “Undeclared” essentially serves as a placeholder for up to 2 years, giving you time to take General Education classes and explore various areas of study without falling behind in curriculum.

>> PROS

- You have the freedom to test the waters!
- This does not affect your standing for Financial Aid
- This doesn’t make you less competitive of an applicant

>> CONS

- Changing your major to one in a different “school” or “college” may be complicated, especially if the major you want to change to is “impacted”, meaning more competitive to get into

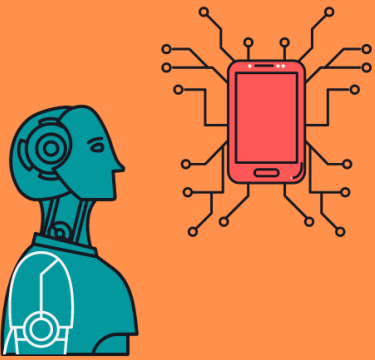
Something to keep in mind.... *It is possible to be accepted into a university but not into the major you want. In the application, you might be asked to select a secondary and tertiary major just in case the school accepts you but your major of choice is impacted.*



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ENGINEERING/ COMPUTER SCIENCE MAJORS

Check out the Census Bureau's *Pathways After a Bachelor's Degree in* [Engineering](#), [Science/Engineering](#), and [Computers/Math](#).

If, as a kid, you created giant Lego structures or took apart toys just to reassemble them and better understand their functionality, you might be an engineer at heart. If you were fascinated by the mechanics of cars, roller coasters, computers, then you explored engineering without even realizing it. Engineering is the E in STEM. It utilizes Science & Math to solve real-world problems. You can take free introductory courses through university extensions or more comprehensive courses on sites like Udemy and Coursera. It's important to understand the fundamental courses because upper division classes will build upon these. Make the most of your electives to decide which area interests you most. Once you feel comfortable and confident you can look for internships. Living in tech hubs like the Silicon Valley is a huge plus!

>> 4 Main Branches

1. **Civil** - for civilian purposes like building infrastructure and other urban planning
2. **Mechanical** - machinery & mechanical systems
3. **Electrical** - designing devices & systems ranging from microchips to generators
4. **Chemical** - wide focus, spans from oil refineries to chemical components of food/meds

>> Niche Subfields

- Software Developer - involves more Computer Science than strict engineering
 - Coding to design applications and other software programs
 - Has become popular for startups and social media
- Nuclear Engineering - harnessing energy released from nuclear reactions
- Aerospace Engineering - building machines that fly in air & space
- Biomedical Engineering - medical equipment & devices to solve clinical problems
- Environmental/Agricultural/Chemical Engineering - maintaining sustainability and responsibly utilizing natural resources to benefit communities and businesses
- Industrial Engineering - provides groundwork for other subfields by designing and optimizing facilities and equipment
- Sound Engineering - creative route in entertainment industry, engineering sounds for concerts or theatrical productions



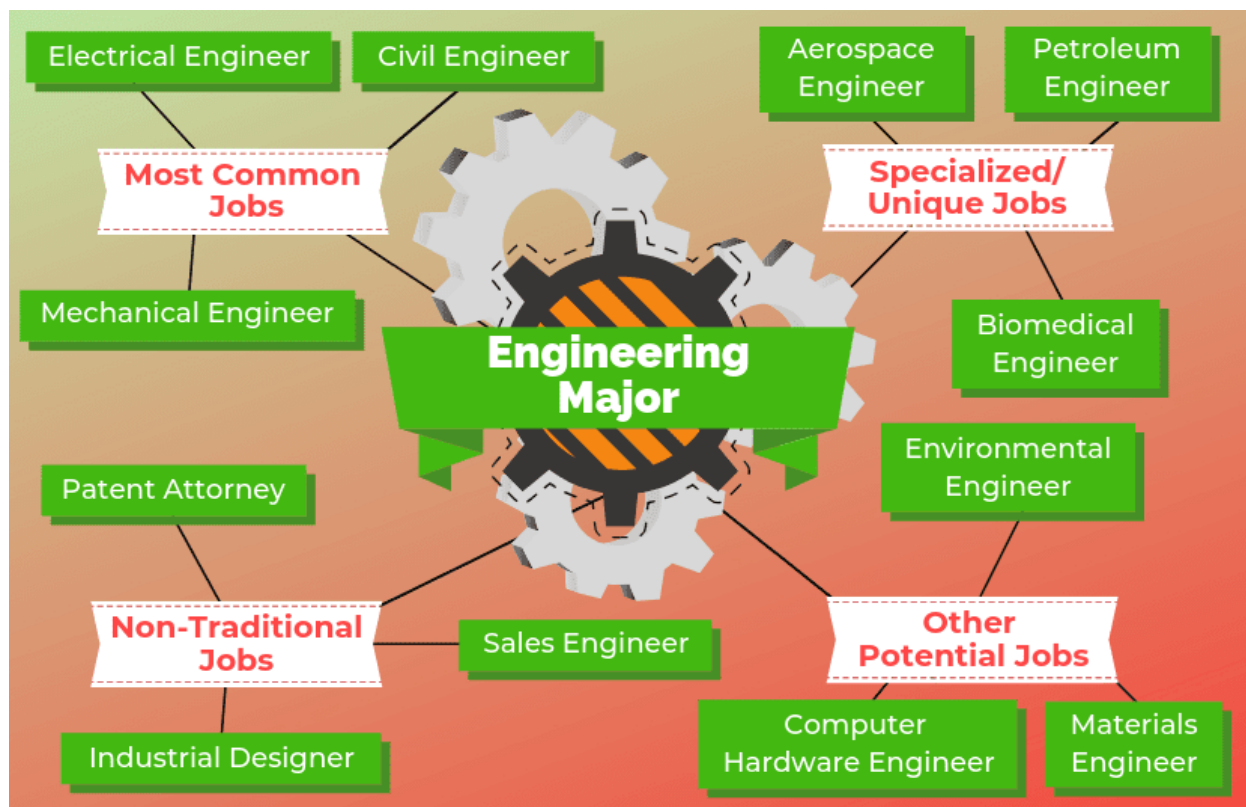
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Source: Google images



Check out the Census Bureau's *Pathways After a Bachelor's Degree* in [Biological Sciences](#), [Physical Science](#), and [Psychology](#).

Biological Sciences address many of the most important questions of our world, such as What is life? You can take a philosophical approach or a scientific one. How does our brain produce ideas and emotions? What are the limits to life and physical capabilities? How do we feed the world's growing populations? Most relevant to today, what steps can be taken to avoid and manage a global pandemic?

"The biology major lives at the leading edge of science, using the latest technology to explore molecular medicine, ecology and the environment, genetic regulation of plant and animal development, microbial physiology, and cell dynamics and motility" - Marquette.edu

>> **Pro-Tip:** If you complete your Bachelor's in something non Science/Health related and later reconsider medical school (or something similar), you can do a Post-Baccalaureate program to fulfill the pre-requisites and boost your GPA. These programs are expensive but worth it if you get to achieve your passion.

In many universities, you can choose a science major with an emphasis track, such as:

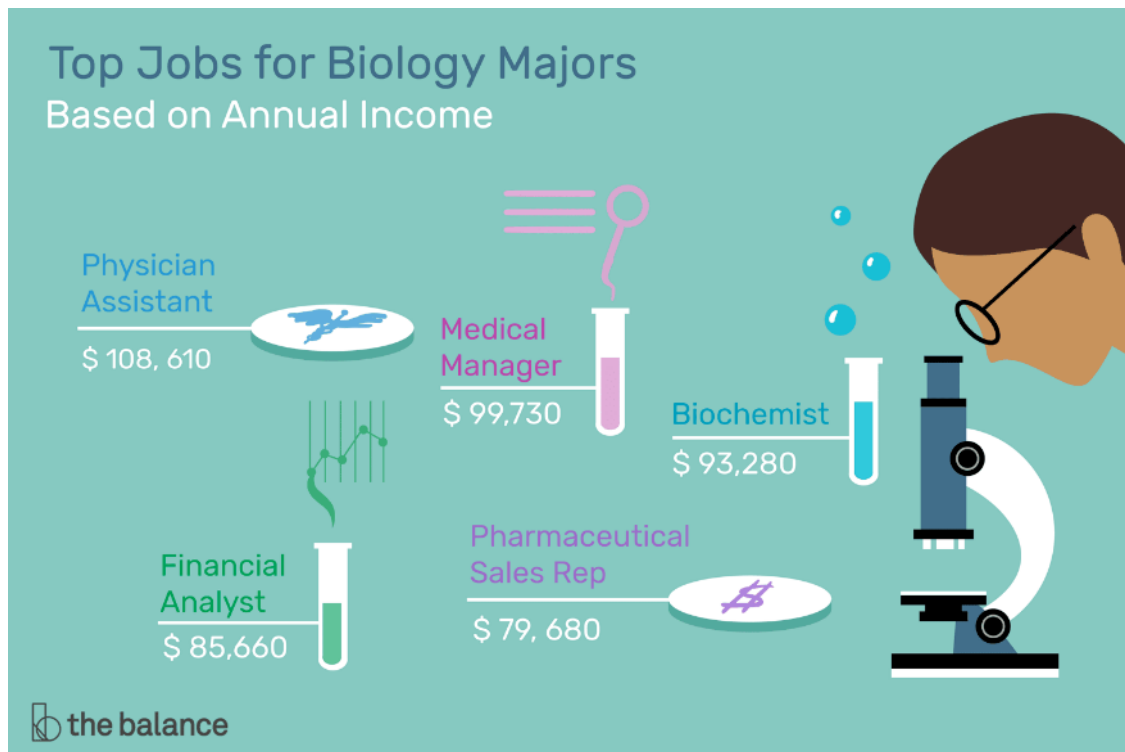
- Molecular and Cell Biology
- Human Biology
- Ecology and Evolutionary Biology
- Developmental Biology
- Microbiology and Immunobiology

>> **Common career paths**

- Physician - common misconception is that you have to be a Bio/Science major to take the MCAT or be considered for Medical School. You can actually major in anything as long as you take the required pre-requisite courses. Talk to your counselor!



- Physician Assistant - has its own program but can do almost everything a Doctor can, as long as it is under a Physician's practice.
- Nurse - several possible paths (CNA, BSN, RN, NP, FNP, etc.) that can be done through a university or a technical college
- Pharmacist/Pharmaceutical sector - multi-billion-dollar industry with constant need for people to work in Research and Development
- Veterinarian - animal sciences & specializations
- Genetic Counselor - providing risk management for families at risk of variety of inherited conditions
- Biotechnology
- Forensic Sciences
- Instructor - various levels from elementary school to University
- Environmental Scientist - solving environmental problems that protect natural resources and sustain wildlife
- Government official - work closely with policy makers and manage public health



Source: Google images



Check out the Census Bureau's *Pathways After a Bachelor's Degree in [Business](#)*.

Business is one of the few majors that can land you a job in any industry. Businesses need to manage their finances, accounting, human resources, marketing, sales, and more. Before deciding your concentration within Business, it's important to think about the person you are. If you're on the creative side you may gravitate towards Marketing/Advertising. If you're a people-person you might be drawn to HR. If you enjoy crunching numbers you could take the Finance/Accounting/Analytics route. Make the most of your entry-level courses which show the basics of Business such as economic systems, general practices, risk management, and corporate culture. Speech and Statistics are not directly related to Business but are important to learn these skills. Furthering your education with a graduate degree or external certifications (Project Management, Certified Public Accountant, etc.) will make you more appealing to employers.

- One of the most open-ended majors in college
- Common majors/concentrations include Finance, Accounting, Human Resources, Administration, Management, Entrepreneurship, International Business, E-commerce, etc.
- Entry level courses will likely include:
 - Introduction to Business
 - Micro & Macro-economics
 - Financial & Managerial Accounting
 - Speech and Statistics
- Many high-paying jobs in this field require a graduate degree or external certifications
- Having multiple majors that relate to one another can lead you to strategize with a double-major within the scope of business



Source: Google images



Check out the Census Bureau's *Pathways After a Bachelor's Degree* in [Liberal Arts](#), [Communications](#), [Education](#), [Literature & Languages](#), [Social Sciences](#), and [Visual & Performing Arts](#).

>> Liberal Arts

Liberal Arts is a broad and diverse field with 4 main areas - humanities, social sciences, creative arts, and other soft sciences.

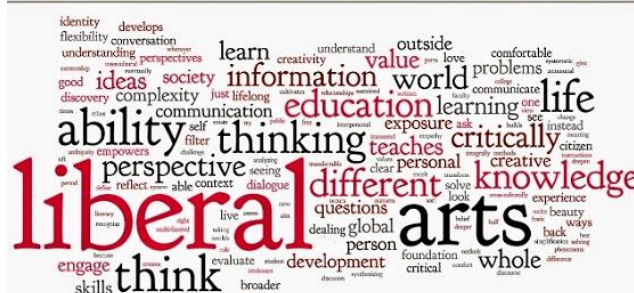
- Creative Arts - fine arts, performing arts, creative writing, etc.
- Communications - content creation, PR, HR, speech analysis and therapy, etc.
- Linguistics - teaching in other countries, copy writer/editor, journalism, etc.
- Gender Studies - social justice, social work, etc.

These skills can be practiced through any variety of careers rather than for one specific career. These majors are designed to encourage flexible thinking, preparing graduates for a multitude of roles. For this reason there will often be overlap with the majors and jobs possible through each.

>> Social Sciences

Social Sciences includes everything from studying human behavior in Anthropology to Political Science, which we'll go into more detail later.

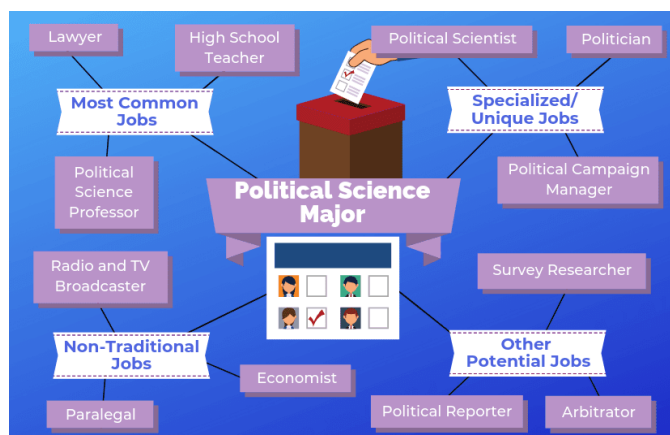
- Economics - data analysis, consulting, finance, researcher, etc.
- Psychology - counseling, research, family therapist, etc.
- Sociology - HR, therapist, social work, etc.
- Political Science - government officials, law school, corrections officers, etc.
- Consumer Science - how consumers make decisions and how you can focus that study in various Business fields such as financial planning & analysis, retail management, hospitality management, sales management, etc.





Check out the Census Bureau's *Pathways After a Bachelor's Degree* in [Liberal Arts](#) and [Social Sciences](#).

- Criminal Justice - studies rules and regulations around crime
 - Law Enforcement - FBI, CIA, etc.
 - Courts - city, county, state, federal
 - Corrections - within the prison system
- Political Science
 - Analyses government in theory and in practice
- Law/Legal Studies
 - You can go to Law School with any major (except in the specialty of Patent Law regarding intellectual property, which requires a hard science background)
 - Take advantage of clubs and volunteer opportunities to see which area of law interests you
- Politics
 - Congress, House, Senate, White House, and all the committees within them
 - Campaign work - especially during election time, this can be for propositions or for individuals running for seats
 - Staffer - attend briefings and help write laws for senators or congressman/woman to sign
- Other options
 - Professor
 - Radio/TV broadcaster
 - Paralegal - basically a legal assistant doing the nitty gritty case work for law firms
 - Political economics - intersection of politics and economy



Source: Google images





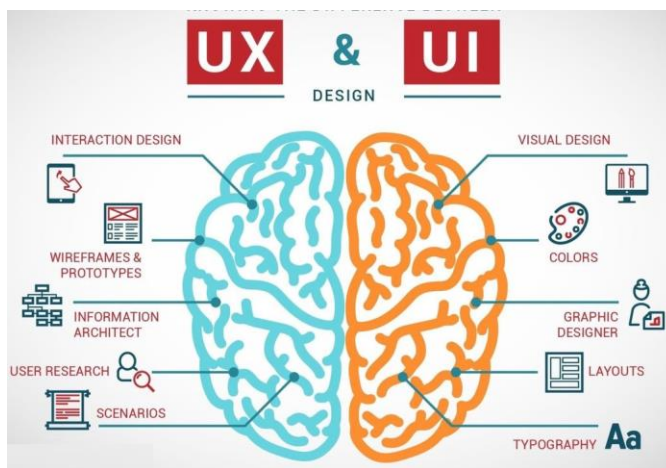
Check out the Census Bureau's *Pathways After a Bachelor's Degree* in [Business](#) and [Communications](#).

Marketing and UX/UI Design are all about making products and services desirable to consumers. It could be a good idea to double-major with any of these, widening your skillset for the workplace.

>> Marketing

Marketing is a cross between business and creative strategy.

- Marketing Research Analyst
- Brand/Content Management
- Sales Representative
- Advertising
- Public Relations/Communications
- Digital Marketing
- Social Media Marketing/SEO Marketing

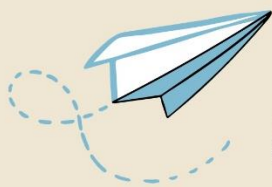


>> User Experience (UX)/User Interface (UI) Design

UX & UI are relatively new areas of study and can be learned through online bootcamps if not offered as an official major.

- Product Designer
- User Experience (UX) Designer or Researcher - focuses on how people interact with an app or site, button functionality, prototyping, etc.
- User Interface (UI) Designer - focuses on the visual and graphic design, typography, etc.
- Brand Designer/Communications Designer, Visual Designer
- Motion Designer and Prototyper





major exploration



INTERESTS/SKILLS

Are you creative or analytical? Do you enjoy helping people or learning about human behavior? Are you good at Math or Science? Or do you enjoy English and History more? Choosing a career path is all about finding the intersection between your skills and interests. Take this time to list out what you are good at, what you enjoy, what you don't enjoy, and what you can envision yourself pursuing.

POSSIBLE MAJORS

Now that you know what you like and don't like, it's a good idea to start thinking about what majors apply to those interests and skills. Get to Google and start researching! Know someone in a field that interests you? Schedule a chat with them and ask about what they studied and how they got there.

CAREER PATHS

Dig deeper! With an idea of a major in mind, start looking at what career paths you can head into with that major! This step is all about learning what skills you will acquire through your major and what value that holds in the job market. Is it the computer languages you now understand or the strong people skills you have? Whatever it may be, it is important to know its value for your professional future.

SCHOOLS

Now that you know what career path you are headed in and the major(s) needed to get there, it is important to research the schools that will best suit your needs. Are you looking to stay in state or go to community college? Picking a school is not just about if it offers the major you want, make sure that you look into other opportunities they provide like scholarships, bachelors+graduate offerings, and study abroad programs.



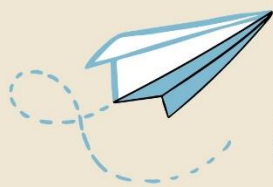
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INTERESTS/ SKILLS	POSSIBLE MAJORS	CAREER PATHS	SCHOOLS



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THANK YOU

for tuning in! Check out the [video](#) to meet the panel hosts and listen to their perspectives. If you'd like to see something specific covered in future webinars or if you want to get involved with the Sahaita Youth Board/Sahaita Working Committee, contact info@sahaita.org

We'd love your **feedback**! Take a few minutes to fill out our [post-webinar survey](#).

Don't forget to follow us on for updates on our projects!

