

Navigating SWITCHING MAJORS

An average of 75% of students change their major at least once before graduation. But changing your major can be stressful and overwhelming. Often times it is not as simple a switch as you might have initially thought. A lot goes into switching your major: calculating class units, figuring out the prerequisites you need to transitioning into an entirely new focus of study. Switching majors may be intentional or forced which may also attract a host of other issues with it. Regardless of why you are switching majors, the process can be stressful and it is common to feel lost or worried about whether or not you are making the right decision.



COPING WITH THE CHANGE

If you are feeling overwhelmed with this transition, give these recommendations a try:

- ✧ **Research the department.** This might include visiting career services for career outcomes, talking to an academic advisor of the department for their insight, or looking at the prerequisite sheet to see if the classes required interest you.
- ✧ **Talk to people in the major:** ask current students what their thoughts are, how impacted their classes have been, and/or what important lessons or development they have experienced in this major and assess if these will benefit you and your own future endeavors.
- ✧ **Take an introduction class.** Before rushing into a major, it might be useful to get a feel for what you'll be learning and whether or not the material interests you. Think back to other classes you might have taken for general education; are there any that really peaked your interest?

NAVIGATING A NEW MAJOR

With nearly 24,000 incredible students at UC Santa Barbara competing for major placement, staying in or getting into a major can be incredibly difficult. The decision or requirement to change a major may completely alter your future career options so it is only natural to feel overwhelmed with such an important transition. Overwhelm may augment if parents are not approving or you pass judgement on yourself when having to explain your major change to friends or close others. It is important not to be too hard on yourself, however. Take this transition to focus on how this transition may provide you skills that will benefit your future in ways your old major could not.