Preappointment Worksheet | For academic/career exploration

Complete the checklist to identify your top 3 majors and bring this worksheet to your appointment. Use the live links to direct you to the appropriate resource.

**Career**
- □ Have you watched the [Spartan’s Guide to Picking a Major](#)?
- □ Have you explored [What Can I Do With This Major](#)?
- □ Have you checked out additional resources? 
  - Exploring Majors
  - Self-Assessments
- □ Have you used the [SJSU Major Finder Exercise](#) to explore more occupations using [O*Net](#)?
- □ Have you researched jobs/internships that interest you on [SpartaJobs](#)?
- □ Have you met with a [Career Center Counselor](#)?

**Academic**
- □ Have you checked your MySJSU often for messages from [AARS](#)?
- □ Have you used [info.sjsu.edu](#) to see what majors/minors are offered at SJSU? Look at coursework. Do these interest you?
- □ Are you considering [Changing Your Major](#)?
- □ Do you meet the [GPA requirements](#) for the major you want to declare?
- □ Did you visit the [major department advisor](#) for major/GPA requirements?

**Identify 3 top majors**
1. ____________
2. ____________
3. ____________