



Investigate UHA Academic Programs

Be sure to do some research on what majors and minors UHA has to offer. Below are some ways you can do this.

Explore all the majors UHA has to offer. A complete listing of all available undergraduate programs of study can be found at <http://admission.hartford.edu/studying/programsOfStudy.php>. Get started by looking for majors based on interest or by browsing fields alphabetically. This site also allows you to link into the University's seven schools and colleges – each will have information specific to their own degree programs.

Schedule a visit with Career Services. Career advisors are available to assist you throughout your academic career with exploring majors, determining “best-fit” areas of study, and developing realistic and appropriate academic/career options. Appointments can be made over the phone (860-768-4287) or in-person, GSU, Room 309.

Go through the undergraduate catalog. Read through each major within the school or college you are considering and highlight those majors that interest you. Afterwards, look over your choices. Do you see any patterns or themes between the majors/minors you have identified? Using this information, search through websites dedicated to exploring majors – samples can be found at <http://uhaweb.hartford.edu/career/ChoosingAMajor2.htm>.

Visit with your academic advisor. For questions and a more personalized approach, turn to your faculty advisor. Faculty advisors are wonderful resources as a way to collect information on their academic discipline. Learn about a field through their perspectives and experiences.

Talk to current students. You will probably run into someone in the major you are investigating. Find out what they have to say, but remember that everyone holds his/her own opinion based on different criteria. Form your own opinion based on conversations with several students you trust.

Look into graduate school. Sometimes, you are not able to study exactly what you want as an undergraduate student. If you might be interested in graduate school, look into what those programs require for entry.

Take exploratory courses. One of the best ways to explore a particular field of study is to take a course in that area. Your advisor may have some suggestions and would also be able to

help you select one that would meet graduation requirements. Remember to focus on the content or ideas being covered, rather than the instructor's personality or teaching style.

Suggestions for Making the Most of Your College Electives

Your elective courses will give you some degree of academic freedom and personal control of your college coursework. You can exercise this freedom of choice by strategically selecting your electives in a way that will enable you to get the most out of your college experience and degree.

1. Complete a minor or build an area of concentration that will compliment and strengthen your major, or that will allow you to pursue another field of interest in addition to your major.
2. Help you make a career choice. Just as you use electives to help you choose a college major, you can use them to help you choose a career. For instance, you could enroll in courses that involve service learning experiences, or an independent study course that allows you to study a career that you are considering or a credit-bearing internship opportunity that provides you with practical training for a potential field of interest.
3. Strengthen your skills in areas that may appeal to future employers. For example, courses in leadership development, foreign language, grant or technical writing... or if you're thinking about entering into the field of advertising, consider courses that will build your graphic design skills.
4. Help you develop practical life skills that you can use now or in the near future. For instance, you might take courses in managing personal finances, marriage and family, or child development to help you manage your money and your future family.
5. Seek personal balance and develop yourself as a whole person. You could take courses that promote your emotional development (stress management), physical development (self-defense or yoga), spiritual development (death and dying)...
6. Make connections across different subjects and academic disciplines. Courses that are specifically designed to connect or integrate two or more academic disciplines are typically referred to as interdisciplinary courses. For example, psychobiology is an interdisciplinary course that combines or integrates the fields of psychology (focusing on the mind) and biology (focusing on the body), thus enabling you to see how the mind influences the body and vice versa.
7. Help you develop broader perspectives on life and the world in which we live. You could select courses that provide you with a societal perspective (sociology), a national perspective (political science), or a global perspective (ecology). These broadening perspectives serve to widen your scope of knowledge and deepen your understanding of the world.
8. Appreciate different cultural viewpoints and improve your ability to communicate with people from diverse cultural backgrounds.
9. Stretch beyond your familiar or customary learning style to experience different ways of learning and to develop new skills. Courses are likely to be available to you in college that

were never previously available to you, and which focus on skills that you've never had a chance to test-out or develop.

10. Learn something you were always curious about, or something you simply wanted to know more about. For example, if you've always been fascinated by movies and how they are made, you might elect to take a film course.

Thriving in College & Beyond: Cuseo, J., Sox Fecas, V., Thompson, A.; 2007; Kendall/Hunt Publishing