

**Looking for a Major?**

It is not unusual for students to come to college prior to selecting a major. Undeclared students are encouraged to begin fulfilling requirements in General Education (G.E.) while also exploring areas of interest for potential majors. In many cases these courses of interest may also fulfill G.E. requirements.

Students should become well acquainted with the contents of the General Catalog, particularly with the section entitled "The Academic Program" which explains the General Education program in detail.

The Teaching and Learning Center (TLC), the Career and Counseling Center and the student's academic advisor are ready to provide assistance in the selection of a major.

*Career choice involves...*

1. Self-awareness  
*Work with your Academic Advisor and Career Counselor to learn more about yourself and explore:*

Strengths	Culture
Values	Passions
Goals	Personality
  
2. Occupational awareness  
*Evaluate your career interests and plan for the future by researching:*
  - Academic Degree Requirements
  - Job Availability
  - Work-Life Balance
  - Salary & Advancement Opportunities
  
3. Enrollment in introductory courses to explore course work in areas of potential majors.  
*See the back of this sheet for a list of potential introductory courses.*

**For More Information**

The Teaching and Learning Center offers academic advising for undeclared students and academic support services.

Phone: (707) 965-7688

Email: [tlc@puc.edu](mailto:tlc@puc.edu)

Website: [www.puc.edu/academics/tlc/home](http://www.puc.edu/academics/tlc/home)

The Career and Counseling Center offers services in career exploration and guidance counseling.

Phone: (707) 965-7080

Email: [career@puc.edu](mailto:career@puc.edu)

Website: [www.puc.edu/campus-services/counseling-center/home](http://www.puc.edu/campus-services/counseling-center/home)

The PUC website lists academic degree choices:

<http://www.puc.edu/academics/degrees-programs>

**Sample One-Year Schedule**

The following is an example of a typical first year course schedule. Each student's program varies according to previous preparation, interests, and availability of courses.

**Fall Quarter**

College English I	4
Intro to the Bible or Holistic Living	3
Communication and Public Speaking	4
Music Survey Course	3
Exercise Science Activity Course	1
Electives or G.E.	1
Total	16

**Winter Quarter**

College English II	4
Holistic Living or Scriptural Foundations	3
History or Social Science Course	4
Introductory Math or Science Course	4
Electives or G.E.	1
Total	16

**Spring Quarter**

History or Social Science Course	4
Applied Arts/Personal Mgmt Skills	3
Art History Course	4
Electives or G.E.	5
Total	16

**Introductory Courses**

These are some suggested introductory courses to explore course work in areas of potential majors:

Aviation	AVIA 101 Intro to Flight	Nursing & Health Sciences	BIOL 100 Intro to Human Biology EMER 104 Emergency Medical Technician HLTH 100 Success Strategies in Health Sci HLTH 101 Intro to Allied Health Prof NURS 110 Intro to Nursing
Biology	BIOL 111 Biological Foundations I		
Business	ACCT 121 Financial Accounting I BUAD 118 Personal Money Management	Physics & Engineering	ENGR 105 Intro to Engineering MATH 130 or 131
Chemistry	CHEM 111 General Chemistry I	Psychology & Social Work	PSYC 121 General Psychology PSYC 130 Intro to the Psychology Major SOWK 121 Intro to Social Work
Communication	COMM 105 Communication & Public Spk JOUR 110 Foundations of Journalism	Theology	RELP 150 Introduction to Ministry RELB 180 Introduction to the Old Testament
Education	ECED 181 Intro to Early Childhood Ed EDUC 101+L Intro to Teaching + Classroom Observations	Visual Arts	ARTD 124 Design & Composition I ARTD 130 Fundamentals of Graphic Design ARTF 110 Intro to Art Therapy ARTF 190 Intro to Fine Art ARTP 150 Photography: Black & White MDIA 152 Intro to Filmmaking MDIA 158 Intro to TV Production
English	ENGL 101 College English I ENGL 150 Survey of Literature		
Exercise Science	ESTH 166 Career Development in Ex Sci ESTH 170 Care & Prevention of Injuries ESTH 181 Intro to Kinesiology	World Lang & Cultures	FREN 111 Beginning French I GRMN 111 Beginning German I ITAL 111 Beginning Italian I SPAN 111 Beginning Spanish I
History	HIST 101 or 102 History of World Civ I, II HIST 134 or 135 History of the U.S. I, II		
Mathematics	MATH 130 Precalculus MATH 131 Calculus I (Placement depends on background)		
Music	MUEN Music Ensemble Course MUSP Music Lessons Course MUTH 121: Theory I		