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Navigating Majors at SUNY Cortland

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CHOOSING THE RIGHT PATH AT CORTLAND

Student Facilitator: Ryan DiCostanzo

COR 101-032

Instructor: Christian Nelson



CORTLAND

TOPIC:
NAVIGATING MAJORS AT SUNY CORTLAND

❖ For this topic, I revealed to students the various majors and career choices that my students could choose, including resources they can use if feeling undecided, not knowing what major or career they want to do in the future

❖ Topics Covered:

- ❖ What can you do if feeling undecided? (Selingo)
- ❖ Use of Degree Works and Schedule Builder
- ❖ SUNY Cortland offices and resources
- ❖ ADV-200 (Major and Career Exploration)



PURPOSE

- ❖ Even though most of the students in my class were within the BIO department, I wanted to show that their freshman year can be used for exploring their major and career choice, seeing the different possibilities Cortland has to offer within the BIO major (ex. internships, clubs, electives)
- ❖ The lesson was designed and taught to students prior to class registration, to begin planning out their next four years and classes that might spark interest for a possible career choice
- ❖ Although I am not a BIO major, as a senior, I wanted to share my personal experiences exploring different majors at SUNY Cortland, while providing personal advice and recommendations



LESSON PREPARATION

- ❖ To create this lesson, it was essential to provide information that was relevant to SUNY Cortland, emphasizing the different resources and offices found on campus and online
 - ❖ Most information found in this lesson comes directly from the cortland.edu webpage that focuses on major and career exploration
 - “Advisement and Transition.” *Advisement and Transition - SUNY Cortland*, <https://www2.cortland.edu/offices/advisement-and-transition/>.
 - “Career Services.” *Career Services - SUNY Cortland*, <https://www2.cortland.edu/offices/career-services/>.



WHY IS IT IMPORTANT?

- ❖ This lesson is important because it highlights the process of choosing a major in college while exploring the different options that are provided in SUNY Cortland
- ❖ For incoming freshman or those who are undecided, this lesson can help prepare students for class registration
- ❖ As students can be stressed or second guess their major choice, this lesson is aimed at guiding students in the right direction by providing offices and resources from SUNY Cortland



THE LESSON

PRESENTATION MATERIALS

❖ On this slide and the next one, are examples of the slides I presented my students with strategies and Cortland resources students can use when exploring a major and career path, including ADV-200 (Major and Career Exploration)



COR 101 Navigating Majors

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Background Layout Theme Transition

1 Navigating Majors at SUNY Cortland

2 Feeling Undecided or anxious?

3 ADV 200: Major and Career Exploration (SPRING 2023)

4 What Resources can you use?

5 Advancement and Transition Office

6 Career Services

7

Feeling Undecided or anxious?

Here's What To Do:

- 1) **TAKE YOUR TIME**
- 2) Take classes (electives) that interest you for a possible career/major
- 3) Attend different clubs, talk to professors/friends
- 4) Talk to your advisor, see your progress and where you stand academically

COR 101 Navigating Majors

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ADV 200: Major and Career Exploration (SPRING 2023)

Course Description:

emphasis on: academic and career development theories; decision making; occupational research; and application of these through self-assessment and reflection

ONE CREDIT, MEET ONCE A WEEK

COR 101 Navigating Majors

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Background Layout Theme Transition

1 2 3 4 5 6 7 8 9

5 Advertisement and Transition Office

6 Career Services

7 Course Schedule/Schedule Builder

8 Degree Works

9 Navigating through myRedDragon and accessing Degree Works

10 Questions?

Career Services

Helps prepare for career planning, based on your major

“What Can I Do With This Major?”

- See different jobs and careers a major can offer

What do they offer?

- Career Counseling
- Resume/Cover letter workshops
- Mock interviews
- Job opportunities

Located in:
Van Hoesen Hall

8 a.m. – 4:30 p.m.
Monday – Friday

COR 101 Navigating Majors

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Degree Works

- What classes do you still need for GE requirements?
TAKE ADVANTAGE of them
Track your progress (credits/GPA/requirements)
- “What-If” Option
 - See what classes are required for the major you choose

via myRedDragon

Student

Registrar

Most Visited

- Prior Felony Inquiry (PFI) Response
- Official College Calendars
- Academic Forms
- Enrollment Verifications (NSC)
- GPA Wizard/Calculator
- Consent to Release Records (FERPA)

Degree Works

- Degree Works
- Degree Works Help

Registration

- Schedule Builder
- Course Schedule
- Registration Status
- Register (Drop & Add Courses)
- Account Holds

Red Dragon Safe

Red Dragon Safe Web Site

Moved to COVID tab

Cortland eLearning System

- Blackboard Access
- Blackboard Tutorials
- Blackboard Help
- Course Teacher Evaluations (CTE)
- Design Help
- Library eReserves Guide
- TA/GA Confidentiality Form

Student Accounts

(Home Page)

- My Online Account
- Alumni Fee Waiver
- Process Meal Plan Adjustment
- Tuition & Fees
- Student Accounts Forms
- View 1098T
- Set Up Direct Deposit

Financial Aid

(Home Page)


- My Financial Aid
- Summer Financial Aid Application
- Financial Aid Important Dates and Deadlines
- Scholarship Application
- Forms
- E-mail the Financial Aid Office

Navigating through myRedDragon and accessing Degree Works



METHODS

- ❖ During the lesson, I relied heavily on classroom discussions, which allowed students the opportunity to share their own experiences which would frame the rest of the lesson
 - ❖ As this lesson focused on major navigation, I completed a modeling activity on how to use Degree Works and Schedule Builder which would help students prepare for class registration, seeing what classes and electives are available
-



LEARNING OUTCOMES AND OBJECTIVES

- ❖ The biggest takeaway of this lesson was having students lead the conversations about how they are feeling in their first semester of college
 - Within this lesson, I aimed to show my students that it is perfectly fine to take your time in deciding your major and career choice, as exploring is a key concept provided within this lesson (Nielsen)
- ❖ The goal of this lesson was to allow students the opportunity to explore the various opportunities that are provided by SUNY Cortland
 - This lesson was not to have students second-guess their choices, but reveal the resources, including my own experiences as a senior in Cortland

ASSESSMENT

- ❖ On the right is a screenshot of the Microsoft Form that I had my students fill out after class to see any feedback or comments
- ❖ Questions asked them if they learned anything new as well as asking if there was anything specific, which I can use for next lesson
- ❖ Not only this, but I also wanted to use this assessment to grade myself as a presenter and reflect on the effectiveness of the lesson

Navigating Majors at SUNY Cortland

Thank you for doing this form! If you have any questions, please feel free to email me!

1. What is your name? 

Enter your answer

2. As of right now, how confident are you in your major?

- Extremely confident
- Somewhat confident
- Neutral
- Extremely not confident

3. In 2-3 sentences, how are you enjoying SUNY Cortland so far?

Enter your answer

4. With your declared major, do you know what you would like to do for a career? Please explain!

Enter your answer

5. Do you feel stressed or anxious about not knowing what you want to do with your major? If so, please explain.

Enter your answer

6. Are you interested in taking ADV-200 (Career and Major Exploration)?

- Yes
- No
- Maybe

7. Did you learn anything useful in today's presentation? Use details!

Enter your answer

8. Is there anything specific you would like me to talk about in a future class? Brainstorm any ideas or concerns you have!

Enter your answer

9. On a scale from 1-5, how useful was this presentation to you? (5 being the most useful)

1

2

3

4





5

Submit

FEEDBACK

As of right now, how confident are you in your major? (0 point)

[More Details](#)

	Extremely confident	4
	Somewhat confident	4
	Neutral	2
	Extremely not confident	1



4. With your declared major, do you know what you would like to do for a career? Please explain! (0 point)

[More Details](#)

 Insights

10
Responses

Latest Responses

"before coming into the school I had planned on being a oncologist, now t...

"I want to be a cardiologist in the future and aim to work in that field for a ...

"I am an adolescent ed bio major so I want to be a high school bio teacher."

 Update

5 respondents (50%) answered **school** for this question.

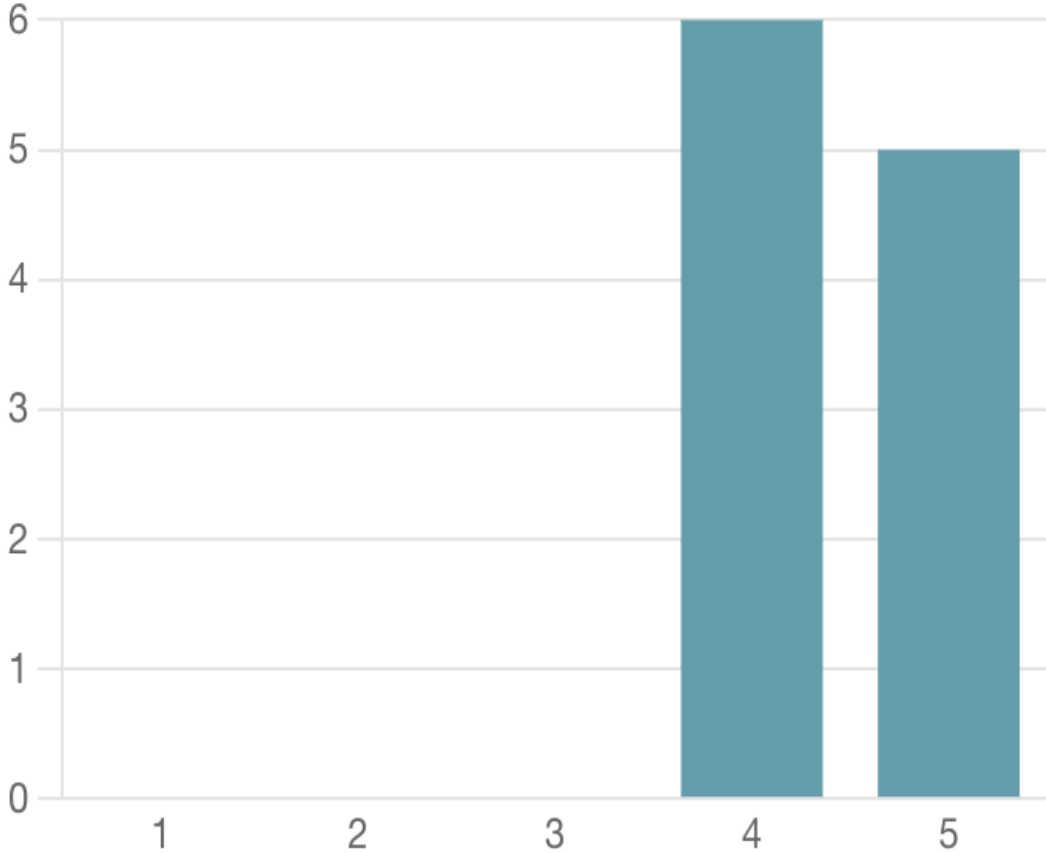


9. On a scale from 1-5, how useful was this presentation to you? (5 being the most useful) (0 point)

[More Details](#)

 Insights

4.45
Average Rating



REFLECTION

- ❖ **As this is my second year as a student facilitator for COR 101, I am thankful to be given this opportunity to expand on my skills as an educator, while also providing my students with an effective and engaging lesson**
 - **I used this role to be able to expand on my personal experiences, allowing students to feel better connected at SUNY Cortland, knowing the resources and offices that are available**
- ❖ **Looking at the results from the Microsoft Forms, I believe this lesson was successful and I am pleased to recognize its effectiveness**
- ❖ **As an education major about to go into student teaching, I am grateful that I was able to strengthen my skills as a future educator**
 - **By being able to lesson plan and hold classroom discussions, this opportunity allowed me to challenge myself and be able to have students be engaged in the content**



CITATIONS

- ❖ Nielsen, Alyssa. “Choosing a Major Can Be Major Stress for Students.” *The Daily Universe*, 29 Mar. 2016, <https://universe.byu.edu/2016/03/28/choosing-major-can-be-major-stress-for-students1/>.
- ❖ Selingo, Jeffrey J. “Why Is Choosing a College Major so Fraught with Anxiety?” *The Washington Post*, WP Company, 27 Oct. 2021, <https://www.washingtonpost.com/news/grade-point/wp/2017/12/08/why-is-choosing-a-college-major-so-fraught-with-anxiety/>.