**Part 1**

Aren Herrick: 00:00:00 Hey guys, welcome to the online version of the Exploring Interest Group's Major Speed Dating Event. This is meant to be sort of an interview style podcast that you're welcome to listen to all of, or you can just skip around to majors that you know you might be interested in. We have 17 students who will be representing 18 different majors offered at UVM and they'll be answering the following questions. How did you choose your major? What about your major brings you joy? What are you doing outside the classroom for your major? What are some advice that you would give to someone who is undecided about their major? Do you have a plan for after graduation? If so, how did you go about making this plan, i.e. are you going to use your specific degree for your career/plans after you graduate? Have you switched majors and why? I hope this gives you some valuable insight into what major or majors might be right for you.

Maddie Panyard: 00:01:02 Hello everyone, my name's Maddie Panyard. I'm a junior animal science major. I chose this major, actually I didn't have this major to begin with. Freshman year I came in as a neuroscience major and then changed my mind because I just was not engaged in the classes and went to biochem actually because I really enjoyed cancer stuff and wanted to learn about more of the molecular piece of biology because I was thinking I wanted to go to med school and then over my sophomore summer I decided that I wanted to go to vet school, so I changed my major to become an animal science major and that's how I became an animal science major. What about my major brings me the most joy? I would say that I really enjoy the hands on classes that are offered here at UVM as an animal science major.

Maddie Panyard: 00:01:56 Those hands on labs with animals, which is pretty cool to me and all the professors are great that I've met and they have actual vets as professors, so that's also cool because you get to hear about their past when they were practicing in clinics. Outside of the classroom for my major, I guess it's not really necessarily for my major but helps with my major because it's that stuff that I do. I'm an ICU vet technician overnight at Vermont Large Animal Clinic where I take care of the horses overnight and monitor their vitals. I usually do physical exams over two hours and then I help assist the vet and the interns there with medications and other procedures that are needed to be done there.

Maddie Panyard: 00:02:48 For someone whose undecided about their major, I would say given that I've changed my major two times, I would say I would recommend that you just explore what's out there, take the classes that interest you and kind of go about from there. I really found my interest within the animal science department and I did not think that was where I was going to go when I was a freshmen and I definitely don't think you should stress if you're undecided at the moment. After graduation, I plan to go to vet school. I'm currently applying for vet school right now and I hope that by the end of next year, after the application cycle goes through, I'll be going to vet school when I graduate and yeah, that's about all I have to say. Thanks.

Julia Sexton: 00:03:39 Hi, my name is Julia Sexton. I am a junior and a biochemistry major. I chose biochemistry as my major because in high school I really liked chemistry. I really liked learning about how molecules and compounds interact with the environment and how things respond the way that they do in the world. Also, some of the more specific topics in chemistry I thought were difficult to wrap my head around and were less interesting to me than others, so I wanted something that was a little bit more broad than just chemistry. I also at the time wanted to go into pre-health and so, biochemistry fulfills all of the premed requirements, most of the pre-pharmacy requirements and most of the pre-PA requirements. So I figured that this major would encompass pretty much what I was looking for, both premed and chemistry. Something that I like about my major is that I like learning about how our environment and our body interact with each other and learning exactly why things react and behave the way that they do within us.

Julia Sexton: 00:04:53 So for example, when you eat food, whether it be sugars or fats or taking drugs, how the body responds to all of those stimuli. Outside of the classroom, I am involved in research, which is for credit, so it could be technically the classroom but in my research I learned more than just what I would in teaching labs or in lectures, it's a lot more unstructured and it can be more about what my interests are, which is really cool. It's also really interesting to see how the field is being applied outside of the classroom and the importance of the stuff that I'm learning. It gives me some more motivation to study and learn the stuff that I'm learning in class. I am also involved in Tri Beta, which is a biological national honor society. We plan community events that kind of revolve around science such as planning blood drives, tutoring UVM students in biological sciences and conducting science experiments at schools in the community. Some advice that I would give to someone who is undecided about their major is to really just sit down and delve into the course catalog. Pick a subject that sounds interesting to you or you would not necessarily have thought of before and read some of the course descriptions and if you find something that's interesting to you, take that class. Worse comes to worst is that most likely that class will fulfill a distribution requirement for you, especially if you're in arts and sciences, so then you can start over and start trying to find something else. Another thing I would say is to not stress too much about it. You have plenty of time. I know sometimes it doesn't seem like it but you have more time than you realize.

Julia Sexton: 00:06:48 So after graduation I have been accepted into the accelerated master's program in pharmacology at UVM. After that, I hope to get a PhD, we'll see how that goes. I also plan to work in the pharmaceutical industry after everything's said and done and focus on drug design and development. I have not technically switch majors. When I applied to college, I applied as just a chemistry major but soon after switched to biochem before I got to campus. The reason for that was what I was saying before is there were just some topics in chemistry that weren't super interesting to me and biochemistry was a lot more broad. You can focus primarily on biology or primarily on chemistry, there's so much that you can do and there's so many advanced electives that it made it seem a lot more interesting and less focused and allowed me to design and pick what I wanted to study.

Julia Sexton: 00:07:55 I also went into college as a premed student and I no longer consider myself to be a premed student. The reason for that was freshman year when I was taking some of my pre-recs, I found, I know it sounds crazy, but I found organic chemistry really, really interesting and I wanted to make sure that in my career I would be getting more of the molecular side of things. And I felt that through patient care, I wouldn't necessarily be exploring and talking about the chemistry behind human biology, even though obviously you need to know that and it's really important that physicians have an understanding of that, I wanted to make sure that that was a primary focus in my job.

Julia Sexton: 00:08:39 So that brought me into the field of pharmacology, which is different than pharmacy. Pharmacy are basically people who prescribe and distribute drugs to patients, make sure that the drugs that they're taking don't have negative interactions with each other, pharmacology focuses primarily on the drug development and design, so more of the molecular and cellular biology focus, so how drugs interact with the cells in your body and why you have the responses that you do to drugs. So yeah, that's basically it. Good luck.

Aren Herrick: 00:09:22 My name is Aren Herrick, I'm a sophomore and I'm a biological science major. I chose my major because I really liked high school biology, I had a really great experience with that. I found it really fascinating and easy to learn for me, easier than other sciences came and I also knew coming into college that I was interested in going into the medical field and I knew that a biology major overlapped a lot with pre-medical requirements. What brings me joy about my major is the ability to choose a diverse array of biology classes that I can take to fulfill it. So I can take an ecology class here or an animal science class here, or an earth science class or a molecular biology class, or a genetics class and they all fall under the umbrella of biology but it allows me to kind of learn what I want to learn and be interested in a lot of different things.

Aren Herrick: 00:10:43 What am I doing outside the classroom for my major? So I haven't really gotten past the introductory gen ed classes yet. I'm finishing that up this semester, so hopefully next semester I'll be able to do a little bit more of extracurricular biology but a program that I am doing, although it doesn't count towards my major, it does count toward my minor is the emergency medical research program and that involves being in the UVM medical center emergency department and enrolling patients in research and learning how to do ethical research and I think that's really fun and relates maybe not to my major but to what I want to do for a career. Some advice that I'd give to someone whose undecided about their major or curious about other majors is to talk to upperclassmen who are in that major or have explored that major as well. I have a friend who I play softball with who's in my major and has the same career goals as I do and I talked to her pretty regularly about what classes she recommends and what professors she likes and doesn't like and different extracurriculars to do related to our major. I mean I found that to be really helpful.

Aren Herrick: 00:12:07 So my plan for after graduation is to hopefully go to medical school and I am going to use my undergrad biological science degree to fulfill pre-medical requirements, so a lot of the chemistry, organic chemistry, cell biology, stuff like that and biochem counts for both premed requirements and my degree, which just makes it a little easier to get all those done and graduate with my degree. Technically I have switched majors, I switched from a bachelor of arts in biology to a bachelor of science in biology but that didn't change much of what I was going to take for classes. I just switched because I knew I was more interested in upper level sciences than I was in humanities or arts credits, so it was really easy to do.

Emmanuella Boateng: 00:13:19 Hello, my name is Emmanuella Boateng and I am a sophomore. I study in biomedical engineering. Why I chose my major is because math and science was always my favorite subject in high school. My math teacher pointed me towards engineering because he just saw that I would do great in it and so, I just took his advice. However, I wanted to be able to make a difference with whatever it is that I was going to do, so I just kind of reflected on my interests and passions that I had when I was growing up. I was born and raised in Ghana and like many countries in Africa, they are now beginning to understand the importance of knowledge generation innovation. And this set back has contributed to many, many economics and political instabilities and so, inadequate health care institutions is very, very problematic and that's what plagues Ghana a lot. Qualified doctors are very limited in a larger portion of Ghana and so, I mainly wanted to get involved in making sure the hospitals were as effective as possible as they needed to be.

Emmanuella Boateng: 00:14:50 And so, biomedical engineering was going to help me design, I guess, products that would be able to function in places like Ghana, in rural places where electricity isn't as prominent as it needs to be, so that was why I chose my major. Something that brings me joy to my major, I guess would have to be passion like I said. I was always passionate about solving problems that affect people's everyday lives and UVM allows me to do that because there's about three tracks to get involved in biomedical engineering and I'm able to choose specifically which one fits me. Outside the classroom and my major, I work at the FabLab which is UVM's fabrication and prototyping lab.

Emmanuella Boateng: 00:15:57 This allows me the opportunity to engage in my imagination and others to make prototyping tools. The lab offers opportunity to interact with students who are developing and testing innovative products and designs and I'm able to help them create it using the machines that we have available at the lab. And I'm able to also research, create and innovate these new products and prototype them using the knowledge that I've learned in the classroom. Advice that I would give to someone who is undecided about their major would be to reflect on what interests you and evaluate your beliefs and core values because for me, my interest was engineering but in order to do well in it, I needed to make it a passion of mine and a passion of mine was to always make a difference. And so, with how difficult it was, I knew I couldn't get through it without being emotionally and personally invested in it, so that's what helped me choose my major and helped me stay in my major.

Emmanuella Boateng 00:17:20 And one core value that I couldn't do without was the economic part of the job. I have to provide for my family, my immediate family and my family that I'll make in the future. And so, I needed to find a job that would or find a career path that would help me in economic stability in my family and in my personal life and so, biomedical engineering just something that happens to be it but that's just me. Your values could be different for me but you need to also evaluate that to understand which career path and academic path is your calling. Do you have any graduation ... Well, yes. My plans after graduation is to basically go back to school to do some type of accelerated program of some sort. I had two internships over the past summer and with the experiences that I was getting hands on, I got from my bosses, my supervisors that they really want people with more degrees because it makes it easier to give them jobs because you believe that they can do it because it took the extra step to go back to school and learn more.

Emmanuella Boateng 00:19:01 And so, a graduate degree is what is going to be the next step for me and then after that, network my way to a job that would pay me the worth that I am. I have never actually switched majors, however, I have had an interest in subjects that has nothing to do with my major and those two majors, I ended up exploring minors and finding two that really fit me and it was business administration and anthropology of global health. I ended up dropping both because they couldn't fit in my course schedules and be able to graduate in the four years that I wanted too, so I found one that fulfilled both and that was community and international development. Instead of switching into else that interested me I declared a minor in it. So that's how I went about it. Thank you for listening to me.

Eliza MacDonald: 00:20:19 My name is Eliza MacDonald. I am currently a junior at the University of Vermont and my major is business administration. I have a double concentration in marketing and accounting and my minor is psychological science. Why did I choose business as my major? To be honest, I just picked it at the end of my senior year coming into college just to have a major declared. However, it was at the end of my freshman year that I realized that the business school was exactly where I wanted to be. This was after taking a couple of business classes, a couple of general ed requirements and a couple of classes in different departments in different colleges that I was just interested in taking.

Eliza MacDonald: 00:20:57 Why I stayed in the business school was I really enjoyed that there was a wide variety of classes that and concentrations that I could choose from. Concentrations in the Business School are marketing, finance, accounting, and business analytics. So there were really so many different directions I could go in. This was really appealing to me as a freshman because I knew I was really enjoying the overall business core, but I wasn't sure exactly what type of career I wanted to go into. I'm also an analytical person and I really enjoy problem solving, so the numbers and analysis side of business, I really enjoy that as well. But one of the reasons I love my major is because of the class sizes and amazing faculty. After freshman year, there are no big lectures at all and most classes are about 30 to 40 people. All of the faculty are so knowledgeable and so passionate about what they do, and this makes the classes so enjoyable and the faculty so accessible to talk about careers, internships, opportunities, and even just current events with them.

Eliza MacDonald: 00:21:58 Outside of the classroom for my major, I'm in a couple of academic clubs, like the accounting club. Basically in the accounting club, it's really just a resource that you can connect with other peers that have similar career goals as you. They'll have networking events, resume workshops, basically just kind of support as we go about our career development. I'm co producer of a podcast that interviews local business owners that are all women in Burlington, Vermont and this is just really inspiring for me to see so many women in business careers.

Eliza MacDonald: 00:22:38 Advice that I would have, if you are undecided about your major, is to take a wide variety of classes if you have that room in your schedule. Take classes that interest you, even if they may not be included in your major program. I would also highly recommend talking to upperclassmen in your major and if you have any professors that you really connect with or you love their class, definitely maybe go to their office hours and talk to them about their career and what they've done in the field.

Eliza MacDonald: 00:23:05 My plans for after graduation are, I do think I want to go get my master's at some point, maybe directly after undergrad or maybe take a couple of years off. I'm not exactly sure what I wanted in, maybe business administration or accounting, but the concept of higher education definitely does appeal to me. I have no specific plan, but longterm I want to be a management or advisor at a company that I'm just really passionate about the work that they do. So applying my business and financial knowledge into a company that I am just really passionate about.

Eliza MacDonald: 00:23:39 I have not switched majors, but I have switched my concentration a couple of times. This is something that's really easy to do in the Business School. I first was only marketing and then I went to finance. Then I switched from finance to accounting. They make this really easy to do in the Business School as it's not switching your major, but at the end of your sophomore year and at the beginning of your junior year you do get exposed to higher level classes in each of the four concentrations so they know that you're going to change your mind as you do more coursework.

Parker Strawbridge: 00:24:11 Hello, I'm Parker Strawbridge. I'm a junior. I'm a computer science major and I'm a peer leader for the STEM interest group through the career center. How did you choose your major? So freshman year I actually came into college undecided, not knowing kind of where I wanted to go in my college career. And I had just took a bunch of courses through all of the different categories, a bunch of sciences, some business classes because I wasn't really sure what I wanted to do. But I ended up taking the introductory computer science course, which really opened my eyes to the world of computer science. And ever since then I fell in love and I've been taking computer science classes since.

Parker Strawbridge: 00:25:11 What about your major brings you joy? Honestly, I'm more oriented in my learning towards building projects and starting something from beginning to end. And that's really the beauty of computer science. You're tasked with solving a solution, finding a solution to something or creating a program that does something specific that you can really solve an issue. And once you start to learn how to actually do it, it actually becomes quite fun. And it's a lot of problem-solving and I'd say puzzling. You, you have to solve puzzles in order to kind of get your programs to run and function in the way you want them to.

Parker Strawbridge: 00:26:06 What are you doing outside of the classroom for your major? So like I said, I am a peer leader for the STEM interest group through the career center. So I work with a couple other STEM oriented students and a couple career center advisors to kind of provide a place for students to get information about any of the STEM majors or events on campus and things like that.

Parker Strawbridge: 00:26:37 I'm also a intern at the University of Vermont Medical Center in their tech department. I started that last summer, so I've been doing it now for about 10 months. And I'm actually transitioning this summer into a new position as a software engineering intern, which I'm excited for. And honestly, outside of classrooms in computer science, just working on your own projects is pretty important. Just to keep yourself up to date on the new technologies and things like that and really pushing yourself to learn new things outside of the classroom as well, which is really interesting. What is some advice that you would give to someone who is undecided about their major? I came in undecided. It's perfectly fine to come in undecided and it's perfectly fine not to know what you want to major in right away. One of the things that really helped me decide what I wanted to kind of focus on was just, like I said, taking a lot of different classes. My first, it was probably my first two years, I took a bunch of different classes to kind of try to hone in on what I actually wanted to study. I think that's really important. And kind of go with your gut and just follow a path that either interests you a lot, that you enjoy, or I guess that really challenges your thinking and you want to put time into it. And like I said, it's okay to not know what you want to study up until you have to declare your major. Don't feel like you need to declare a major just to declare a major because it can always change.

Parker Strawbridge: 00:28:40 Do you have a plan for after graduation? If so, how did you go about making this plan? So my plan after graduation is kind of all dependent on this summer goes. How my internship this summer goes. So, like I said, I'm interning at a local company in Burlington as a software engineering intern. And really depending on how software engineering clicks with me, I might try to continue to pursue the software engineering path. If not, I've thought a lot about going into project consulting for big healthcare softwares, which is what my current internship works a lot with. But I really don't have a fully set plan. A lot of times, depending on your work ethic and your productivity in a summer internship, especially going into senior year, a lot of companies will actually offer you a full time position for postgrad, which if I were to get one for this position I have this summer, which would be awesome and I would probably have to end up taking it just because it'd be a great opportunity to kind of progress in my career development and take one more step towards my future. But that that's my plan as of right now.

Parker Strawbridge: 00:30:23 Have you switched majors? Why and talk about that experience? So I actually have switched majors. Originally I came into college undecided, which isn't really a major and I was just kind of exploring all my different options, which I think is honestly a really important part of college. Just kind of figure out what clicks with you and don't make assumptions too early or necessarily feel like you have to stick to one certain path. For me, when I originally declared my major, I declared as a computer science information systems major, which for those of you who don't know what that is, it's kind of a 50 50 split between computer science and business. It's a little more computer science than business, but it's much more heavily involved in business. So my original thought was that I was really like interested in business classes and I had already taken a bunch of them and they really clicked with me. But as soon as I got into some of those higher level business classes, I just started to lose interest and it wasn't exactly what I wanted to get out of my education.

Parker Strawbridge: 00:31:51 And at the same time that that was happening, I was progressing in computer science as well. And I was clicking with some of those classes I was taking and I was getting a lot more interested in computer science and how coding, in general, could kind of turn into a full career for myself. So I kind of played around with this idea of do I want to keep taking some business classes? Do I maybe want to switch this to my minor? But my thoughts around switching business to a minor were that once you switched business to a minor and you have a computer science major, you're kind of setting yourself up to be an entrepreneur in a coding space, which isn't necessarily what I want to do. So I realized that a business minor wasn't necessarily the direction that I wanted to go. So I switched to a computer science major and I actually transferred into a pure math minor. Which is actually a lot more marketable to employers than a business minor just because you have a different set of skills and you've taken different classes. Thank you.

Annabel Diestel: 00:33:15 My name is Annabel Diestel. I'm a junior double majoring in neuroscience and dance. I came in as a neuroscience major because I'm really passionate about mental health and I also liked the biological aspect of psychology. I added the dance major later in my sophomore year as I danced through high school and missed it a lot. And the UVM dance program is really accepting and a supportive community. So it was a good place for me to join.

Annabel Diestel: 00:33:45 What brings me joy about my neuro major is that the field is expanding with so much research and its implications can help a lot of people who are struggling with neurodegenerative diseases or problems with behavioral and mental health. For my dance major, movement is something that brings peace and self discovery and I believe that creating art forms is something that can be beneficial to mental health and wellbeing, so it intersects with my other major in ways that people don't typically consider.

Annabel Diestel: 00:34:14 Outside of the classroom, I'm a research assistant in the UVM Center for Research in emotion, stress and technology, which supplements my major in doing a lot of research on trauma's effect on the brain.

Annabel Diestel: 00:34:28 Some advice I would give to someone who's undecided about their major would be to just try different things and find what you feel most passionate about. Because if you're passionate about what you're doing and what you're learning, I think that motivation and success will come with that.

Annabel Diestel: 00:34:48 After graduation, I don't have a concrete plan, but I would like to do some more schooling either in clinical psychology or maybe genetic counseling. My general goal is to just try out different careers to gain more experience until I find a path that fits my needs best.

Annabel Diestel: 00:35:09 I haven't switched majors, but adding the dance major at the end of my sophomore year is something I'm very glad I did because it has expanded the types of classes I'm taking a lot and gives me a more diverse outlook on my field as a whole.

Courtney Brady : 00:35:28 Hello. My name is Courtney Brady and I am a senior at the University of Vermont. I study economics and French and I have a minor in business administration. I use she he pronouns and I am also from Northeast Pennsylvania. So I'm just going to go through these questions here today.

Courtney Brady : 00:35:46 So how did you choose your major? I actually didn't start out as an economics French double major, if that's easy to believe. I didn't start out with those majors. I was actually a environmental engineering major and in my first two weeks I kind of figured out I really didn't enjoy that path and I went and talked to my honors college advisor. We sat down and talked about a few of my interests which are science and math based and we found that economics might actually be a kind of a good source for me to jump into this new field. Because my main goal, first weeks, was to actually go into business, so go into the Grossman School of Business. And all students that want to do join GSB have to take economics anyway, so I decided to get that out of the way and really fell in love with the major and just decided to stick with it as a major. Instead of continuing going to Grossman as a full time kind of student, I just dropped that down to a minor instead.

Courtney Brady : 00:36:48 And what about your major brings you joy? So I really love solving problems and working with people and kind of with economics I get to do that in pretty much everything I do. A lot of my work has been collaborative and team-based, I would say. Not necessarily team-based, but a lot of friend-building, a lot of working with other people just to kind of get the projects done, get to understand more. Because some people grasp more from a reading than others. So really getting to work with people is something that I really enjoy doing. I also really, really enjoy research and with economics I've done that a lot. I am constantly in the library, constantly looking at new articles, seeing what's going on in the world and global and local economics situations. So I really just enjoy working a lot on stuff like that and solving complex math problems, creating new dynamic models to solve situations. I'm just really interested by those questions. And then for my French major, my grandmother was from Canada, so I have a lot of family in Canada who speak French. And growing up my grandmother would speak French to me or she wouldn't speak to me. So I really feel a passion with that. Just growing and developing my abilities to read and write and pronounce the words a lot better than my very Quebec accent.

Courtney Brady : 00:38:21 So what all you doing outside of the classroom for your major? So outside of the classroom and just the learning environment, I really just enjoy being up to date on what's going on in the world of economics, what's going on in the global economy. Specifically right now, just economic impacts of COVID 19 and what that might look like for our countries that are so intertwined in this kind of globalism world. So just working with articles, looking at the stock market. Generally I would, you know, invest and play around with it, but for now, given the current economic situation, it's more of me just looking at it and reading articles rather than actually investing. And I really like discussing with my friends and my family, just kind of their opinions about what's going on. Because that's what a lot of economics is. It's really understanding people's behaviors and what they understand about the economy around them. Because really consumers have a really big effect in how our economy is going to look.

Courtney Brady : 00:39:23 And as far as my French major, I really enjoy speaking French with my friends who are in class. I try to speak it with my family as often as possible. So just kind of finding new ways, new music, new movies, to watch in a different language is really cool for me. I actually found this really cool car show on Netflix that I get to watch in the original language, which I think is really cool. So that's something that I really have been enjoying doing outside of the classroom as far as my French major.

Courtney Brady : 00:39:58 So what is some advice that I would give to someone who was undecided about their major. I think the most important thing about a major really is understanding what you don't like, rather than what you do like. So it's pretty easy to figure out things that you know that you don't enjoy doing. For me, I know I don't enjoy chemistry that much. Looking down the path of engineering, it was a lot of physics. It was a lot of chemistry. It was just a lot of stuff that I wasn't really going to enjoy, even though I enjoyed the engineering type classes themselves, the programming, the building stuff, the solving problems, there was a lot of background that I didn't really enjoy. So really delving deep into what the requirements are, what the pre-reqs are for your classes, and making sure kind of every step of the way, maybe not every class is going to be your favorite, but at least find something in every class that you know you can really enjoy.

Courtney Brady 00:40:57 And I think just being really open to being undecided or switching majors very often is totally acceptable. So I actually added the French major my first semester of junior year, and I finished it up this semester, my senior year. So I had always been a minor, but just really quickly making decisions and making choices to change really is important. And I think you can look into it and be prepared, knowing that you can pretty much do what you want so long as you have enough time. So just being open, I guess to reiterate, being open to explore new things, not being afraid to look at different opportunities that you might not have thought of before.

Courtney Brady 00:41:48 This is going to be my last question. Do you have a plan for after graduation? If so, how would you go about making this plan? So I am a graduating senior this semester and I'm actually starting in August at the University of Virginia in the MA in Commerce program, studying finance. So I knew I wanted to go on with my degree because I'm not exactly certain what I want to do with business yet. I know I'm interested in finance, and working with people, so kind of maybe consulting, or investment banking, or money management, but I'm not 100% certain that I know what I want and I don't exactly have the kind of hard skills I guess you could call it that you would need in finance right now.

Courtney Brady 00:42:34 So I knew I wanted to go into a different program, but I also knew I didn't want to get my MBA just yet. So I started looking into 10 months to one year programs, and I found one of the best ones at the University of Virginia. I applied to it, study for the GMATS, did all my essays, and I got accepted a few months ago. So that is where we'll be going after I graduate. And this is kind of not exactly specific to my degree, but it is a program designed for liberal arts majors. So economics and French, liberal arts majors who want to eventually go into business.

Courtney Brady: 00:43:11 And then the final question would be, have you switched your major? Why? And just talk about that experience. So I talked about it just a little bit. I did switch my major first few weeks of coming to UVM. I was originally an engineering major, and I talked about why I switched to econ, so just my little story. And I guess one thing to wrap it all up, don't be afraid to be undecided and don't be afraid to switch your major.

Erin Bucchin: 00:43:43 Hi, my name is Erin Bucchin. I am a sophomore environmental studies major in the Rubenstein School of Environment and Natural Resources. I am also in the three 3+2 environmental law program, which is a partnership between Vermont Law School and Rubinstein.

Erin Bucchin: 00:44:06 How did I first choose my major? I grew up in western Colorado, which meant that most of my childhood was me playing outside. I kind of grew up with a very innate sense of love for nature and the world around me, and I really always knew that I wanted to do something with my life that helped the world around me. And environmental studies is more of a humanities-based environmental major and I have always felt more called to the arts versus science and research. And so with environmental law, that kind of combines the human-oriented policy and legal area that I have found to love so much just since high school and in college with this environmental side that is more catered to my interests.

Erin Bucchin: 00:45:10 What about my major brings me joy? I love being in a major that going outside is the norm. I love being in a major that prides itself on talking about the overlaps between humans and nonhuman animals, the overlaps between human nature and nonhuman nature, and what is nature. I think there's a lot of nuance in my major that not many people know about that, and I think that that is very exciting.

Erin Bucchin: 00:45:41 What am I doing outside of the classroom for my major? I have interned at a non-for-profit environmental education center for, it would have been two years this summer, I will be doing remote work for them. But just getting an inside look on what not-for-profits do in the environmental field is really exciting and an awesome opportunity that I've gotten to be a part of. Just seeing how the kind of civil section of environmental policy gets to kind of individually act has been really exciting and environmental education is really exciting to me. I also get to do a lot of labs outside, which is very fun. Some advice I would give to someone who's undecided about their major. There's a lot of anxiety that goes into picking majors. There's a lot of nervousness, and obviously societal pressure, and I know as cheesy as it sounds, it's hard to just listen to what you like. But honestly, if there's one thing in your life that has kind of pulled you a certain way, or has kind of appealed to you, or maybe you're just innately good at it and you just feel passionately about it, you should listen to that. There is no shame in knowing that you love something, even if it might be unconventional or trying something new.

Erin Bucchin: 00:47:10 The plan for after graduation. I, because of the 3+2 program will be attending Vermont Law School for my senior year versus going to UVM for four years. So my plan after graduation is to finish my final year at the law school, get my JD, and then hopefully work in advocacy for not-for-profits, [inaudible 00:47:41] not-for-profits in land buyouts and things like that. That is the goal. I hope that that was helpful, and I hope that that kind of highlighted some cool things about the environmental studies program. Yeah. Thanks.

**Part 2**

Steven Hepp: 00:00:00 Hi, my name is Steven Hepp. I am a senior microbiology major and we're going to go through some questions. How did you choose your major? So I chose my major in the summer leading up to entering UVM. I was very fortunate to know what I wanted to do coming into college, and that was going into medical school. So I was able to look through all the different majors and find that microbiology covered all the prerequisites or most of them, as well as having a lot of interesting courses in the upper level courses that I was planning on eventually taking.

Steven Hepp: 00:00:40 So that was pretty much how I chose it. Most of that was done just based on going on the websites of all the different majors. I looked at neuroscience, biology, animal science, those sort of things. And usually most of them have a track list for what your four years will look like. And microbiology was the one that was most interesting to me.

Steven Hepp: 00:01:01 Number two. What about your major brings you joy? So for me, I think bringing joy in a major, there's two parts. There's the people and then there's the content. And I think for the people side of things, no matter what major you pick, you're always going to find a group of people that bring you joy, whether it's teachers or other students who are in your courses with you. So I think that part isn't so much major dependent, but the course load and the coursework, that's really what needs to bring you joy. The content needs to be interesting enough to you that you want to dedicate the time to it. And I think one of the things that helped me with that was pretty much all of my professors, aside from a few, were extremely passionate about the work they were doing and about what they were teaching.

Steven Hepp: 00:01:52 So I think if you want to go into any major, talk with some of the professors and see if what they're teaching is what they're also interested in. You don't want to have a professor who really doesn't care about what he's teaching about, because then you're not going to be really be interested in what they're teaching about.

Steven Hepp: 00:02:11 Number three, what are you doing outside the classroom for your major? So for me, I really don't do anything with involvement directly in my major. So I do mostly volunteering work, and I work with organizations that involve children's health and children's mental health, but also do volunteering with just the Children's Hospital in general. So for me, I didn't do any research in the major. I didn't do any thesis, not in the Honors College or anything like that. But I think that I was able to enjoy my four years and the work I did outside of my major was actually really what drove me to be a better microbiology student, as I was able to spend that time doing something else that I was passionate about, which is children's health. And then when I got down to doing microbiology, I wasn't already tired out from doing microbiology before in a lab or some other sense like that.

Steven Hepp: 00:03:14 Number four, what is some advice that you would give to someone who is undecided about their major? I would say my best advice would be if you're taking a bunch of different classes in a bunch of different colleges or in a bunch of different groups, I would recommend that whatever one you want to go study for, you want to learn more about and not just you cover the content that is needed for the class, and then you're done with it, you take the test and you forget about it, you move on. But the course or the information where you're learning information from class and then you're like, "Wow, that's really interesting. I'm going to go look up something more about that because I want to hear more about that." I think that should cue you into being like "That's what I should be doing."

Steven Hepp: 00:03:59 Do you have a plan after graduation? If so, how do you go about making this plan? Yeah, that's a good question. So my plan after graduation is to move on and take two gap years, or growth years as they're correctly called, where I'll be working in a clinical research setting, hopefully possibly in the future with children. And then from there, moving into medical school. So how did I go on making this plan? I met with the pre health advisor here at school, but also I did my own research and through connections with other people, you can gain a lot of knowledge about what the current processes for whatever you're going to do moving forward. So for me, it was meeting with medical students who are already in medical school, and talking with the older medical students who had already graduated and just talking about my options.

Steven Hepp: 00:04:51 Have you switched majors? Why? Talk about that experience. I have not switched majors and I've been very fortunate that my advisors in microbiology as well as just my interests haven't changed that much. They've altered in some ways, but it's been able to keep me in the same major. So I never needed to double back on classes or anything like that. But I would say if you're in a specific area, you should be good to switch around a little bit. If you're in sociology, you can switch from soc to anthropology, and so forth. If I was microbiology, I could switch to biology and I really wouldn't have that big of a deal.

Cheyenne: 00:05:28 Hi there. My name is Cheyenne Braganza. I'm a sophomore and I'm a molecular genetics major. I am also an international student from Nairobi, Kenya. All through high school, I interned at several different labs around Nairobi. And these labs ranged all the way from clinical labs to diagnostic labs. And all this while I was in these labs, I was particularly drawn towards the microbiology side. I also found labs perfect for me because they were quite low key, and behind the scenes, and the vibes were good. And everyone was pretty nice all through. There's also no dress code so cause you wear a lab coat. So it was pretty nice for me. And I was also drawn or had a particular interest to genetics. So when I was choosing my major, I focused on finding something that overall encompassed genetics and microbiology. And I found that to be molecular genetics, so that was pretty great for me.

Cheyenne Braganza: 00:06:42 What brings me joy about my major? Well, as I mentioned before, I have a huge passion for molecular genetics, so just being able to study that every day just makes me happy and grateful. Also, being able to do research and understanding different mechanisms of how things occur and being able to do groundbreaking research to find out the causes of some diseases that impact our population brings me joy because this information can be used to save a lot of lives.

Cheyenne Braganza: 00:07:26 Currently outside my major, I am in a research lab that is part of the Department of Pathology and the Lung Center, so the research focuses on lung diseases such as pulmonary fibrosis, asthma, and the influenza virus. So that's how I'm involved outside of my classroom. I just started at the lab, but it's going great and I'm learning so much. And soon, I may be able to take on my own project, which would be great. What do I plan to do after graduation? Well, after graduation I'm planning to take an MSTP program, which is a medical students training program where you can pursue an MD and a PhD simultaneously. And through this time, it will take a long time. But through this time, I'd be able to become a medical doctor and a researcher. And I decided this after speaking to the head of pathology and she told me about this, which funny enough, I didn't even know it existed. But she told me about it, and I was really drawn to it and she even told me about the benefits of taking it, about how you can advance more as a doctor, a medical doctor, and how you can get paid more as a PhD doctor. So he sold it to me basically. And so I'm planning to do that after school, after graduation. Maybe a bit of time in between so I can just live outside of not having to go to classes and stuff for a while.

Cheyenne Braganza: 00:09:20 Yeah. What is some advice that I would want to give to someone who's undecided about their major? Firstly, I'd like to tell them to not worry too much because I have a lot of friends who were unsure or undecided, but eventually they found their groove and they found something that they were really passionate about. So it takes time to find something that you're really passionate so you shouldn't force yourself to like something that you don't like, and you should start to find something that you see yourself doing for the rest of your life or until you retire.

Cheyenne Braganza: 00:10:03 Yeah. I would also recommend that if you have a job in mind, you should definitely shadow someone or get a mentor who is in that particular field because then you could weigh the pros and the cons and see if this is something you really want to do for the rest of your life. Because it would just not be that great if you graduate after doing all this work from a major you're unsure of, and then take up that job and find out it's not what you even thought it would be.

Cheyenne Braganza: 00:10:34 So I would suggest it's great to mentor and shadow. And also if you don't even know what major you want to be in, talking to people and attending major fairs or going to your career center, that would be something that would be invaluable to helping you find the perfect major for you. I would also suggest to take up different courses just so that you'd be dipping your toes in different areas that you are interested in. So this would be just a great tool for knowing if this is what you want to study for the rest of your college time. So I guess this is the end. Thank you very much.

Julia Deziel: 00:11:22 Hi, I'm Julia Deziel. I'm a senior neuroscience major, and chemistry and music minor at UVM. So question one, how did I choose my major? So I've been a violin player for 18 years, and during high school, I read a book by a neuroscientist named Oliver Sacks called Musicophilia. So this book talked about the relation between music and the brain, and it sparked my interest in neuroscience. I've known since early high school that I wanted to go into healthcare. But I wasn't very interested in being a traditional biology major. So reading Musicophilia helped me realize that I could connect my love of music and my love of healthcare in the neuroscience field.

Julia Deziel: 00:12:00 Two, what about my major brings me joy? I just love how we learn new things about the brain all the time. I've never even had a textbook in a neuroscience class besides neuroanatomy because there are discoveries happening too frequently to keep up with. I also love how neuroscience is applicable to so many fields. Though many of my peers are going to follow a research path, PA school or medical school, neuroscience is also important in business, in the tech world, in pharmacy. I could even go to law school, so I feel incredibly lucky to have such a versatile degree.

Julia Deziel: 00:12:34 Three, what am I doing outside the classroom for my major? I'm very passionate about addiction medicine and mental health, so I've been very involved outside of the classroom and these realms throughout college. I've worked and volunteered at the LUN center for four years, which is a nonprofit organization in Burlington that supports women with children going through mental health and substance use treatment. I also volunteer on the steps to end domestic violence hotline, which often serves a similar population. I am the president of the Neuroscience Honor Society, which runs the Vermont High School Brain Bee every year and puts on a brain awareness week exhibit at the local Echo Museum. I am also the co president of the Students for A National Health Program, which is a club that partners with Physicians for A National Health Program to promote healthcare for all. We bring in a lot of doctors to speak to our club; most recently, a pediatrician that works with Burlington's refugee populations. What is some advice that I would give to someone who was undecided about their major? I think I would just say to take advantage of the fact that UVM offers such a wide variety of classes. Although I love neuroscience, I don't know what I would do without my music degree also. I've loved exploring the music classes and learning in an entirely different way. Taking a wide range of classes can definitely help steer you in a direction you may have never thought about before.

Julia Deziel: 00:13:57 Next question. Do I have a plan for after graduation? Currently, I plan to attend medical school in two years, so my next year will be spent taking the MCAT and starting my applications. This summer, I have a research position lined up with the UVM substance abuse research center and in the fall I'll be moving to Denver. I've just started applying for jobs in Denver, so hopefully coronavirus does not prevent me from finding one; definitely a weird time to graduate right now. I would like to do research in addiction at the University of Colorado Medical School Hospital or also potentially, [ inaudible 00:02:30]. Luckily, the neuroscience major has set me up perfectly for research or for any of these premed jobs, which I am so thankful for.

Julia Deziel: 00:14:39 And last question, have I switched majors? If so, why? I actually have not switched majors, though I know so many people who have. I think I might be in the minority for having not doubted my career path along the way.

Leainna Dolce: 00:14:55 Hi, everyone. My name is Leianna Dolce. I am a senior neuroscience major here at UVM from Haddam, Connecticut and I'm also minoring in the behavior change health studies minor. So I ended up choosing my major because my senior year in high school, I took an AP psychology class. I saw the word, "neuroscience," as a definition and was pretty intrigued by what it could mean to take aspects of psychology and apply it to the physical brain itself and the more scientific aspects of the body. So when I saw that was an option when I was applying to colleges, I was really interested and decided to go for it and I haven't looked back since. What I really enjoy about my major is that it's really a mix here at UVM of not just neuroscience courses, but also biology and some psychology classes thrown in with the mix of straight up neuro courses. It really keeps things interesting and gives me a wide breadth of knowledge in the field.

Leainna Dolce: 00:15:56 Outside of the classroom for my major, I do a lot of research. I do so here at UVM being a research assistant at the Vermont Center for Behavior and Health a few years ago and I've also done work with the surge class through AMRAP, which is research in the emergency department as a class. I've also done similar research through the ED at Connecticut Children's over the summers for the past three years, and I am involved in the Honor Societies for Neuroscience, which is [inaudible 01:04:30] as well as the biology department [inaudible 00:04:33].

Leianna Dolce: 00:16:34 Some advice I would give to someone who's undecided about your major is to just do a lot of reflecting. It might sound kind of silly, but think about what you've most enjoyed learning about whether that is in high school or is in your first or second or third year of college, and also think about how you learn and work best. Do you need classes that have a lot of labs? Do you like a lot of hands on? Do you prefer more just sitting through lectures and do you like doing a lot of reading? If you like a lot of smaller classes that provide for back and forth, these are all things that you can kind of help think about to curate what kind of path you're going to want to go on for your major.

Leianna Dolce: 00:17:15 After graduation, I am going to be working at Connecticut Children's in the emergency department as a research assistant on a grant funded project. I got this position through a lot of networking. As I said, I've been working at Connecticut Children's since the year after my first year of college and I've kept in touch with my boss. I've gone back for a higher leadership roles and luckily, this fall she actually emailed me to offer me the job without me even having to start looking yet. So definitely if you have started and connections, keep them close, add them on LinkedIn, check in with them, see how they're doing, see if you can be of any help in the future and that could lead you somewhere really great down the road.

Leianna Dolce: 00:17:55 I sort of switched majors. After my first year at UVM, I transferred to Cornell University. So I went from a neuroscience major at UVM to being a biology and society major at Cornell. It was a very interesting experience. There were parts of it that I liked. Some of the society classes were pretty interesting. I enjoyed being a part of the sociology department, but it wasn't really what I was looking to do. I missed my neuro classes, I missed the hard science aspects of my major. And in general, I missed UVM. So I did end up transferring back. As you can see, I'm here now. But it did give me kind of some perspective on why the neuro major was right for me and also why UVM was right for me. So good luck, and I really can't emphasize enough just really thinking about what's going to work best for you and what you're going to enjoy the most because you're going to spend a lot of time in these classes. It really should be saying that you're passionate about.

Maggi: 00:18:58 Hello, my name is Maggi and I am a sophomore nursing major. I chose to be a nursing major because I've always been drawn to healthcare and I was really interested in the versatility of the nursing field because nurses work in a variety of different environments and with many different types of people. Another reason I chose nursing is because of the meaningful connection that nurses have with their patients. Something that brings me joy about being a nurse is being able to help people and really being able to see how my work affects real people's lives. Outside the classroom, nursing majors are involved in clinicals. During clinicals, nursing students assist registered nurses in various units of the medical center. Last semester, my class shadowed registered nurses in the hospital. This shadowing experience was important to understand the hospital dynamic and the role that nurses hold. So if you're interested, I would definitely recommend job shadowing if you have the ability to do so. If you're an undecided major, I would say that it can be really beneficial to talk to people about what they're involved in that you find interesting. So this could be friends, classmates, professors, upperclassmen who are part of an interesting opportunity. I've not switched majors, but I do know of people who have switched both out of and into nursing, and they had a smooth process. Thank you for listening.

Victoria Rodenburg: 00:20:21 Hi everyone. My name is Victoria Rodenburg and I'm a senior graduating in December, 2020, majoring in nutrition and food sciences. I've changed my major quite a few times, but I always knew that I wanted to work with people in some capacity that improves their lives. When I transferred to UVM in the fall of 2018 from the University of Arizona, I changed my major to nutrition because I knew it would lead me to a career in which I'm working with people on improving something that affects them in the past, present, and future. We all have to eat to survive. Nutrition is applicable to all of us every single day and I think that is what fascinates me the most.

Victoria Rodenburg: 00:20:53 What brings me joy about my major the most is that every day in school, I learned something that I can apply to my own life immediately. I learned about what to eat, where would I eat comes from, what goes into what I consume and how to be a part of it. Setting nutrition has fostered a deeper appreciation of me for all the work that is done in agriculture and life sciences. My passion for nutrition and wellness is very strong, but outside of the classroom, I spend my time serving the underserved along with my general community, such as being a part of Girls on the Run - Vermont, [inaudible 00:09:24], the Dream Program, and I'm soon to be hopefully a part of the Essex Rescue.

Victoria Rodenburg: 00:21:29 Like I mentioned earlier, I changed my major quite a few times, mostly because I wanted to study something that I could bear to learn about for years. Seriously, I would advise anyone to study something that they really care about and can be passionate about. Don't just study something because someone else told you to or because you think it will make you more money because it will most likely just induce misery and animosity. Also, if you were undecided or debating changing your major, I'd really recommend just talking to people in the different areas you're interested in. Talk to people who have already graduated and see what they're doing with the degree you're interested in, or if you can find a job position that really interests you, find out what the educational background of the person holding that position is. Don't be afraid to ask questions and utilize your curiosity.

Victoria Rodenburg: 00:22:13 My advice also is to take any classes that sound interesting to you. Now that I'm registered for the last semester of my bachelor's, I realize how many awesome and fun classes that are out there that I should have taken and that's a big regret of mine. Basically, if you can, don't do the bare minimum. Take classes that sound fun or engaging to you. And lastly, it's okay to not know what to do. It is in reality, so hard to predict what you want after you graduate. I think most people differ a lot when they graduate from college from when they first started it. Frankly, as much as I love nutrition, I think social work may have been a good fit for me too, at least as a second major.

Victoria Rodenburg: 00:22:53 If you know what you want to major in and aren't sure what you're going to do after you graduate, don't fret. Most of us don't. Sometimes what you're going to do after graduation is not so clear cut. I'm graduating in eight months and I don't know exactly what I'm going to be doing after graduation. All I know is that I am hopefully going to get a job that I'm passionate about and continue serving my community through meaningful volunteer work. Just enjoy the time you have in your undergrad because really, it only happens once and doesn't last for that long.

Zoe Silverman: 00:23:24 Hi, my name is Zoe Silverman. I am a sophomore at UVM and I am a double major with political science and religion with a minor of computer science. Now, a lot of people think those major and minor combination feels a bit random and I guess it kind of is, but I really enjoy all three of them. So I came into UVM as a political science major. That's what I was when I first arrived as first year. Then I think second semester my first year, I added the religion double major. I've always been kind of interested in both politics and religion, and the interactions between the two of them. So I think a double major with political science and religion was really interesting to me and the ability to understand the interactions of them both within their own disciplines has been really helpful and rewarding.

Zoe Silverman: 00:24:22 As for the computer science minor, I added that my first semester sophomore year. I took CS21, which was the Python class, which is basically the first coding class at UVM and I really, really enjoyed it. I've always been kind of someone who enjoys both sciences and math, as well as humanities and social sciences. I think this is a good balance between the two of them, major combination. So that's how I chose all my majors. It was just kind of classes I was interested in and then decided to major or minor in because I want to learn more about it. I think the interactions between all three of them are really interesting and it adds different perspectives for looking at certain issues.

Zoe Silverman: 00:25:12 Some advice I would give to someone who is undecided about their major is take as many classes that just sound interesting to you. It's not that hard to catch up if you feel like that's just wasting time. It's really easy to take a bunch of classes your first year or even your second year, even your third year here and it won't go against your major completions. But it's really fun to take classes and I didn't think that my religion class or my comp psych class would lead into a major or minor, but they ended up. I took so many classes here that aren't in either of those disciplines, but they're just interesting and learning about different disciplines helps you decide what you like and what you don't like. So if you decide to take a random class in anthropology, but you find out you don't really like it, that's still helpful because then you know what you don't want to do. I think that's also a valuable lesson to learn from taking a class.

Zoe Silverman: 00:26:15 As for plans outside of graduation, I thought I wanted to go to law school, but now I'm thinking I want to go to graduate school and get a graduate degree in public policy and hopefully do some nonprofit human rights work, specifically international work. I'd love to do some work overseas or on an international scale. I personally have switched majors a bunch of times that UVM. I've been through almost all majors you could suggest. My advisor my first year was like, "Just stop switching your major and just out what you want. You don't need to decide immediately. Just play around and figure it out." I've been all over the place in my majors. I was a physics major at one point. I was a geography major at one point. I was an econ major at one point. I just didn't know exactly what I wanted to do so I kept switching around.

Zoe Silverman: 00:27:11 So it's really easy to actually switch your major. It's just like a little button you click on your myUVM, but that isn't really... That doesn't really mean anything at least your first year because it's so easy to change your major. What I really found was valuable was just taking a bunch of classes and eventually, some stuck and some didn't. I don't think worrying about what your major is really matters until the end of your sophomore year. You have so much time to play around with it, and I know people who've changed their majors when they were juniors or added a minor when they were a senior. I think at least I put a lot of pressure on like declaring something and having something on paper. But for me, the most valuable part was kind of the exploration phase when I was taking a bunch of classes, finding out what I liked, finding out what I didn't like and I think that part is really valuable.

Sarah Esserman: 00:28:12 Hi, everyone. My name is Sarah Esserman and I'm currently a junior at UVM. I'm majoring in psychology and economics and I have a minor in political science. I first chose my psych major because I enjoyed taking AP psych in high school and I'm interested in being able to understand behavior and why some people act the way they do. I chose economics as my second major because I also really enjoyed taking AP econ in high school and I could see myself using my economics degree to get a related job in the future. I enjoy being an econ major because it's an important field to understand and it's applicable to just about anything in the real world. I'm still not sure if I would like to pursue an occupation in finance or another related field, so I felt it was a good major to have for my interests.

Sarah Esserman: 00:29:04 I enjoy being a psych major because I think it's interesting to be able to have an understanding of some human actions and characteristics. Outside of the classroom, well, I'm really excited to take the applied fit kids psychology service learning class next semester in the fall because I'll be able to have real experience with research. In terms of my econ degree outside of the classroom, I just like to stay up with what's going on in the financial markets in the world today. I'm subscribed to various news sources that give me updates all the time.

Sarah Esserman: 00:29:40 Some advice I would give to someone who was undecided would be not to rush and not to pick a major because you feel pressured to. I did not declare my second major until my junior year and even though I may have been late in the game and had to play some catch up, I'm very pleased with my decision. Also, I would definitely recommend not to stay away from a major because other students tell you it is too difficult because you really need to make that decision for yourself. I don't have a set plan for after graduation. My goal is to sort of figure that out at the beginning of my senior year, which will be this upcoming school year. I have switched majors, so a few times actually. I came into UVM as a business major and quickly decided that I wanted to experience fields other than business. I spent my second semester of my first year knocking out the majority of my core requirements and I was able to test out some subjects I thought I may be interested in.

Sarah Esserman: 00:30:38 I declared myself to be a psychology and political science major the first semester of my sophomore year. However, as the semester progressed, I felt that even I was interested in poli sci, it might not be the best major for me. I decided to continue with both majors for the second semester too. It was not until the summer before my junior year that I decided to go out on a whim and drop poli sci to a minor and add econ as my other second major. I had a lot of catching up to do, but I can absolutely say that I'm happy that I made the change. Thank you.

Aren Herrick: 00:31:11 So there you have it. There's a lot of majors to choose from and it's important to explore your options and figure out what you enjoy and what really interests you. Don't be afraid to take classes just because they sound interesting. And if you can, talk to some upperclassmen about their experience in their major. Friends can provide a valuable network for recommending classes, professors, extracurriculars, or even jobs. As always, the career center is here to support you through your career readiness journey, and you can visit us at our website, uvm.edu/career for more information on our services. I hope this helps and keep exploring.