



CARL ALBERT STATE COLLEGE

# Viking Times

## September 2015

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## The Importance of Choosing a Major!

Maybe you know exactly what you want to study once you begin your college education. Maybe you have already begun selecting courses that will help you obtain the degree that you want. And maybe you already know what you want to do once you finish college. But what if you don't? What if you have no idea what you want to study in college or what you want to do after graduation? Relax! You're not alone.

If you end up choosing a major in college when you first enter school and continue with that major throughout your time at the college or university, you may find that you are able to obtain more than just a degree in one area. Because these students can plan their college career from the beginning, they are often able to meet their degree requirements earlier in their college careers. Therefore, many students find themselves obtaining two college majors, a minor, or a certificate that may help them later in their careers. Students may also take this time to become fluent in a second language or explore a variety of other courses.

While this is the case for some students, not all students arrive at college knowing exactly

what they want to major in or what they want to do later in life. Actually, it is quite common for students to change majors at least once during their college career. There are a number of tests which can help you think through the questions above. These inventories and personality assessments appraise your interests and traits and compare your answers to those of people out working in various career fields or occupational groupings. Assessments like these don't tell you the "right major" and the "right career path" for you, but the results can help you generate ideas about majors and occupations that are worth further exploration.

**To find out more about some of these tests, visit the Career Center located in the Enrollment Center.**

After completing a self-assessment of your general interests, values, abilities, personality characteristics, etc., it is time to compare that information about yourself with possible academic majors. What follows are suggestions for gathering knowledge about specific majors. By following through with these activities, you will take an

important step in the decision making process in planning for your future academic and career goals.

Requirements for specific major.

Obtain a faculty advisor in your department by contacting the

Fill out a Major Declaration Form to inform Advising Center Secretary of major choice &/or complete the necessary paper work on your census sheet during registration.

Make regular appointments with your advisor to continue to examine possibilities, obtain new information, decide on courses, etc.

During your summer break, obtain a summer job or volunteer in a position related to your career/major choice.

Research careers and occupations you've discovered during the investigating majors process

Once students begin taking classes, they find that other courses or career paths may be right for them.

But what if you have no idea what you want to major in? Don't worry—many students

begin their undergraduate careers as "undecided" or "undeclared." Once you begin taking classes, an academic advisor or a career counselor can help you decide what is best for you.

Many students worry that being undecided will hurt their chances of getting into the college or university of their choice. However, many schools assure students that majors have no impact on college admissions. For example, The University of Pittsburgh at Johnstown (UPJ) tells students that "designation of an academic major is used primarily to assist us in matching your expressed academic interests with appropriate academic advisors." In addition, nearly 20 percent of UPJ's incoming freshmen enroll as undeclared/undecided students.

And don't worry about falling behind; many undeclared students take general academic requirements—such as English, history, or a social science—throughout their first and second semesters before choosing their major in college.

The bottom line is that there is no right or wrong way to go about picking a college major. There are advantages to a college-bound student deciding on a major before

beginning college, but there are also advantages to waiting until you have had time to explore a variety of courses. The most important thing is that you do what is right for you. And remember, once you begin your college career, there will be many people to help you along the way, including your professors, an academic advisor, a career counselor, and your peers.



## Department Highlight

### Educational Opportunity Center

The Educational Opportunity Center (EOC) is a federally funded program with the purpose of assisting adults with entering and/or continuing in a program of postsecondary education, such as college or vo-tech. An important objective of EOC is to assist clients with filing the Free Application for Federal Student Aid (FAFSA). In addition to FAFSA assistance, we also provide help with completing financial aid verification forms that are required through the financial aid office once the FAFSA has been processed. Other free services include career and major exploration, financial literacy, and workshops on relevant topics, such as loan default awareness and learning style assessment. As part of our commitment to the U.S. Department of Education, the financial literacy component features an informative handout with valuable internet links loaded on an 8 GB flash drive, which is ample storage to utilize in the classroom.

We encourage students and their family members to utilize our services. EOC has four locales staffed with EOC Academic Advisors eager to assist!

**CASC SALLISAW CAMPUS, MAYO CENTER-  
TAJUANIA MILLER 918-775-2337**

**CASC POTEAU CAMPUS, OLLIE CENTER-  
THOMAS WESTFALL 918-647-1239  
LAURA SMITH 918-647-1476**

**VAN BUREN, AR. MARTY WILSON 505-328-6863**

**FORT SMITH, AR. DR. DEE BLAIR 479-782-7565**

## SPOTLIGHT



### Student Spotlight

Brenda Harris is a sophomore student from Monroe, OK. She graduated from Howe High School and shortly after went to work for Whirlpool Corporation. She worked there for 27 years until her job was relocated, so she had to find a new career. She started at CASC in August of 2012. In July 2014, she received her Associate of Science in Allied Health and was accepted into the Nursing program, she is in her sophomore year now. Brenda's a member of the Student Nurses Association. In her free time she enjoys watching Oklahoma Sooner Football, canning, and taking a road trip on occasion to Norman, OK to visit her son who is also a nursing student at the University of Oklahoma. Brenda's future plans are of course to graduate the nursing program, pass the NCLEX nursing exam, become a registered nurse and find her dream job!

#### Quote from Brenda:

"I have enjoyed attending CASC, there are exceptional people on campus from fellow students, to the office personal, and the instructors!" – Brenda Harris



### Faculty/Staff Spotlight

Scotty is a Carl Albert State College graduate from Heavener and currently serves as Student Activities/Assistant Residential Life Coordinator. Scotty has planned activities all summer to give all students a great experience this year at CASC! He also sponsors several clubs and organizations, including Student Government Association and serves on many committees to advise, listen, and foster positive change for CASC students. Melissa Steele, Resident Life Coordinator and Scotty have housing responsibilities and together have selected and trained an outstanding group of Residential Assistants (RA's) to help provide a safe, secure, and fun year. In addition, Scotty has great Social Media and Film skills which allows his creativity to branch out on many student, staff, and administrative projects. Scotty works well with all students, faculty, and staff and Student Affairs is fortunate to have him as part of our team!

# Upcoming Events!

- September 16- Intramural Volleyball
- September 17- Lawn Games and Bowling Night
- September 21- Viking Picks (Student Life)
- September 22- Drive In
- September 23- Intramural Volleyball
- September 28- Viking Picks (Student Life)
- September 29- Voter Registration Booth
- October 1- Intramural Booth (Student Center)
- October 5- Viking Picks (Student Life)
- October 5- Reviving Ophelia Screening
- October 7- Sidewalk Art Contest
- October 8- Intramural Viking Games
- October 8- Voter Registration Booth (Ollie Center)
- October 8, 9, 11, 12- CASC Fall Musical Camelot 7pm
- October 12- Viking Picks (Student Life)
- October 12- SGA Senate BC 811 7pm
- October 13- Intramural Viking Games
- October 13- Voter Registration Booth (Student Center)

#### FOR MORE INFORMATION

Contact Student Life

Hemphill Hall 103

918-647-1371

# Business Spotlight



## FOR MORE INFORMATION

Address: 401 N. Broadway Poteau, OK.

Phone: 918-647-2622

Hours: **Mon-Thu:** 7:00 am - 8:00 pm

**Fri:** 7:00 am - 9:00 pm

**Sat:** 8:00 am - 9:00 pm

**Sun:** 10:00 am - 2:00 pm

Like them on Facebook and check out their website [www.poteaucoffeecup.com](http://www.poteaucoffeecup.com)

## Did you know?

**With your CURRENT CASC Student ID you can get discounts at select locations! Be sure and have your id card with you to get the discount!**



# Resume Building And Refinement



Preparing a resume is a first step for insuring an internship, job, or grad school acceptance. If you have never written a resume before or are having trouble putting one together, this workshop is for you.

September 23, 2015 12:00-1:00

Costner Ballentine Ballroom

Bring your lunch and learn how to create a professional resume or polish up your existing one. Take advantage of this excellent opportunity to make your resume stand out.

# Beard Contest!!!!

Sep 14th - Dec 3rd



The beard closest to 30.48CM (1FT) wins!  
Sign-Up in the LRC (OCAE Room 1301)