

# Changing Majors: A Time of Uncertainty and What to Consider

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Having to declare a major can feel as if you are choosing your future with the click of a button. With so many career choices to choose from in your post-secondary education, choosing a major is truly a daunting decision. On top of that, many students have not had the opportunity to explore their interests or have multiple passions. It can feel overwhelming when your friends seem to have everything figured out and the pressure from family only adds to the weight of that decision.

It is important to recognize that our priorities can shift over time. No one can be completely certain about what the future holds for them. It may feel like you are stuck in your chosen major, but taking courses outside of your field can broaden your perspective and open up new opportunities. For instance, enrolling in a chemistry course might spark an interest in the subject and lead you down a path that you had not previously considered. When I first enrolled in university, I remember the struggle of choosing between psychology and biological sciences. I was passionate for both and choosing one felt like choosing the rest of my life.

Although changing majors can feel isolating, it is crucial to recognize that many students go through this process. Realizing that your passion lies elsewhere is not a failure but it is part of personal growth. Think of it as a new chapter in your life. However, changing majors can feel stigmatizing, as it can be seen as unfavourable by your parents or peers. If you begin questioning your major choice, I find it helpful to

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take some time to reflect on your feelings. Are you feeling stressed because you took on a large course load or have other conflicting priorities? Or maybe the subject matter no longer interests you? From there, talking with academic advisors, family, friends or other support networks can help you in determining what is best for you. Academic advisors can especially guide you on how your completed courses could count toward a new degree and what the transition to a new major would look like.

Although this can be a stressful and anxiety provoking experience, keep in mind that you know yourself best. Pursuing a path that aligns with your interests and goals is of great importance for having a fulfilling life. That said, it is important to acknowledge that having the ability to follow your passions is a privilege that not everyone has. Take a deep breath, trust yourself and see where life takes you!

