

T. Scott Smith Consulting

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Keeping or Changing Your Major: Making Informed Academic Decisions

Educational Brochure for College Students

Overview

Choosing a college major is an important decision, and it is common for students to question whether their current major is the right fit. Students with autism may experience additional factors such as workload demands, interest alignment, sensory considerations, or career clarity that influence this decision.

Understanding when to stay with a major and when to consider a change can reduce stress and support long-term academic and career success. This brochure provides guidance to help you make thoughtful, informed decisions.

Factors to Consider When Evaluating Your Major

- Your interest and motivation in required coursework
- Academic strengths and challenges
- Stress level and impact on mental health
- Connection between the major and career goals
- Availability of supports or accommodations within the program

Decision-Making Checklist

- ✓ Reflect on what is working well and what is not
- ✓ Review degree requirements and course expectations
- ✓ Meet with an academic advisor to discuss options
- ✓ Consider how a change may affect time to graduation
- ✓ Explore how different majors align with your interests and strengths

Recommendations for Students

Changing majors is a common part of the college experience and does not mean failure. Making decisions based on self-awareness, realistic expectations, and long-term goals is key. Using campus resources and seeking guidance early can help you move forward with confidence.

For More Information

For individualized guidance, transition planning, or vocational rehabilitation services related to college students with autism, please contact:

Dr. T. Scott Smith

Vocational Rehabilitation Counselor

collegeandautism.com

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