



Strategies for Success Advising Guide:

Liberal Arts and Sciences (LAS) Major



The **Liberal Arts and Sciences (LAS) Associate of Arts** degree is designed to prepare students for transfer to a four-year institution. The major allows students to focus their program of study on academic courses that are of most interest to them.

This advising guide includes information that will help you to explore your academic and career interests and determine whether the **Liberal Arts and Sciences (LAS)** major will support your long-term goals.

Exploring Your Options

Before deciding upon a major, you should take some time to explore your interests and develop your long-term academic, career, and personal goals. Periodically throughout each semester, meet with your advisor so that he/she can guide you through a self exploration process. A list of activities has been provided below to help you identify your academic and career interests. These activities are for your first year or during your first 30 credits at MCC.

- ___ During the first few weeks of your first semester at Middlesex, schedule an appointment to meet with your advisor and discuss your future plans and how the **LAS** degree can help you to achieve your goals. You and your advisor will work together to build an academic plan in DegreeWorks (an online educational planning tool that can be accessed through MiddleNet (<https://middlenet.middlesex.mass.edu>) that will include:
 - Your major and degree requirements
 - A map of the courses you will take each semester
 - Your academic, career and personal goals, as well as, plans to achieve them
- ___ Complete the FOCUS2 online career assessment tool which is located on our website at www.middlesex.mass.edu/careerservices/FOCUS2.htm. After completing FOCUS2, schedule a meeting to discuss your results with a career counselor. Call 1-800-818-3434 or visit the Academic, Career and Transfer Centers in Lowell and Bedford to schedule your career counseling appointment.
- ___ Review the career biographies which are located on the career services website at: www.middlesex.mass.edu/careerservices/bios.asp
- ___ Mid-Semester; schedule an appointment with your advisor to review your academic progress. Also, use this time to discuss your progress toward meeting your academic and career goals.
- ___ Before the semester ends, schedule an appointment to meet with your advisor to discuss the classes you will take the following semester. (Early November to plan for Spring Classes, Early April to plan Fall and Summer classes)

Is the LAS Major the Right Fit for Me?

Choose Liberal Arts and Science as your major if you want to:

- Transfer into a Bachelor's degree program of study at a four-year institution;
- Learn to better use cognitive and critical thinking skills;



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- Learn to communicate and interact with others more clearly and convincingly;
- Focus your program of study on those academic courses that most interest you

LAS Self-Assessment Activity:

If you are still unsure about whether to choose Liberal Arts and Science as your major, try this quick survey.

- Do you have a specific concentration you want to pursue? Yes No
- Do you plan to complete a broad range of courses? Yes No
- Do you want flexibility in selecting courses while completing your degree? Yes No
- Do you think you may decide to transfer to a Bachelor's degree program? Yes No
- Do you want to explore several areas of study before you define your major? Yes No
- Are you undecided about your major and want to keep your options open? Yes No
- Do you have many academic subject interests and enjoy learning? Yes No

If you responded YES to 4 or more questions, LAS may be a good choice for you!

LAS Program Outcomes

Graduates of the program are prepared to:

- Use knowledge acquired at MCC as a foundation for continued study and/or practical application;
- Interpret and analyze information in order to engage in critical thinking and problem solving;
- Communicate, use information, and employ technology effectively;
- Communicate an understanding of the world from a global perspective;
- Demonstrate social responsibility within the college community;
- Demonstrate the capacity for on-going personal and professional development

Advising Notes

The LAS Major will allow you to take a variety of courses such as:

Anatomy and Physiology, Anthropology, Art, Biology, Chemistry, Communications, Economics, English, Environmental Science, Ethics, Geography, Government, History, Humanities, Languages, Mathematics, Music, Philosophy, Physics, Psychology, Religion, Sciences and Theatre

In the LAS Major there are Concentrations which you may follow. They are:

Communications, Fine and Performing Arts (Fine Arts, General, Theatre and Music), Global Studies, Graphic Design, Human Services, Life Science, Physical Sciences, Psychology, Studio Art and World Languages. You can choose to specialize in one of the Concentrations above, or you can choose your own "concentration" of academic courses under the umbrella of the LAS degree.

The Career Path

The LAS major provides the foundation for a Bachelor's Degree, which will then lead you on your path to further study or to a career. LAS courses help you develop important skills that can be transferred into the world of work, such as skills in communication, problem-solving, working with people, and cross-cultural understanding. Many of these skills are the same ones that prospective employers have identified as skills they value and see as potentially relevant to almost any career. You might plan to take certain courses to

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strengthen a certain set of skills that you would like to market to an employer.

Career Planning Activities:

- ___ Work with your advisor to create a Career Plan. As a student who is on the Career Path, your focus should be on building your skill-set and marketing yourself for a job.
- ___ Work with an MCC career counselor who can help you create a resume and cover letter. Find an internship to enhance your skills and establish some work experience. Call 1-800-818-3434 or visit the Academic, Career and Transfer Centers in Lowell and Bedford to schedule your career counseling appointment.
- ___ Continue to work with an MCC career counselor who can help you with interview skills and job search techniques. Schedule an appointment with your advisor to follow up on your career plan.

The Transfer Path

The LAS degree is primarily a transfer degree. For the most part the courses you will take are the ones a four-year college or university would want you to have before transferring. Remember that many universities require a minimum GPA for transfer eligibility, and may not accept any grades lower than a C-. Students should check the requirements of the transfer institution and schedule a transfer counseling appointment with an advisor in the Academic, Career and Transfer Center to discuss specific program planning. The LAS degree qualifies for *MassTransfer*, www.mass.edu/masstransfer, which guarantees credit transfer to Massachusetts State Universities.

The transfer process can be complex. A transfer counselor can help you with this process, especially to plan course selections in accordance with your intended Bachelor's Degree major and transfer institution.

Common Transfer Institutions:

In recent years, 60% of the transfer students at Middlesex have transferred to UMass Lowell; 11% to Salem State University and 8% to UMass Boston. Other transfer colleges include UMass Amherst, Northeastern University, Rivier College, Suffolk University, Worcester State University and Framingham State University, among others.

Transfer Planning Activities:

- ___ Work with your advisor to create a Transfer Plan. Identifying and applying to a Bachelor's Degree program will be your focus. You'll need to research academic programs of interests, colleges that offer these programs and be aware of deadlines for admissions, financial aid, and housing deposits (if you are interested on living on campus). The transfer process can be complex. Your advisor and transfer counselor can help you with this process.
- ___ Schedule an appointment to meet with an advisor to learn about the transfer programs that are available to you as an MCC student, such as *MassTransfer*, transfer/articulation agreements with other colleges, and other programs. Also, ask about the Common Application and the benefits of using this form. Call 1-800-818-3434 or visit the Academic, Career, and Transfer Centers in Lowell or Bedford to schedule your transfer counseling appointment.
- ___ If the transfer institution that you are applying to requires that you write a personal statement, make an appointment with a tutor in the writing center to help you edit and review your essay. Remember the personal statement reflects who you are as a student and is also a sample of your writing ability.
- ___ Look for transfer scholarships that may be available. Consider applying to the MCC Foundation Scholarships. The deadlines for these MCC scholarships are typically at the end of the fall semester.

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___ If possible, plan to go on college visits. Every college looks good online or in a glossy photo, but you can get a better feel for the school when you visit. Your transfer counselor can help you prepare to get the most from this visit.

MCC Advising Resources:

- Career Services: www.middlesex.mass.edu/careerservices
- Transfer Services: www.middlesex.mass.edu/transfer
- MassTransfer: www.mass.edu/masstransfer
- Financial Aid: [/www.middlesex.mass.edu/financialaid](http://www.middlesex.mass.edu/financialaid)
- Foundation Scholarships: www.middlesex.mass.edu/foundation/scholarships
- College Board Match Maker: http://collegesearch.collegeboard.com/search/adv_typeofschool.jsp