

## Most popular and stable majors



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Many high school graduates continue their educations once high school ends. Thousands upon thousands of students trade in their hall passes and senior sweaters for syllabi, electives and core classes in college. Recent graduates increasingly recognize the importance of a college degree, as holding a degree has become essential in today's competitive workplace, since having any advantage can mean the difference between establishing a stable career or struggling to make ends meet.

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Popular undergraduate

majors \* Business Administration: According to the National Center for Education Statistics, of the 1,650.000 bachelor's degrees conferred between 2009 and 2010, the greatest numbers of degrees were given in the field of business, and those numbers remain quite steady. Business administration graduates can find work in various industries.

Psychology: From psychologists to school therapists, the possibilities for work in the psychology field abound, making this a popular choice for college students. Psychologists study how the mind works and what causes human behavior, but a psychology degree can land graduates work in some surprising fields, including advertising and public relations.

Health: Degrees in nursing and medicine will always be in demand. Medical careers continue to be some of the most stable, and the need for doctors and nurses grows with every passing year. In addition to medical degrees in the traditional sense, biologists and molecular scientists can be employed to research diseases and operations of the body and even research the connection between humans and the environment.

\* Education: With every generation of children comes a new crop of students who need to be educated. This makes education yet another

Successfully fend off workplace fatigue

popular career path.

Communications: Holding a communications degree opens up various career paths. It is a broad degree that can lead to careers in journalism, marketing, broadcasting, or television production.

\* Computer science: Computer hardware and software continue to play integral roles in daily life. Career opportunities in computer science include working on everything from robotics to developing applications for tablets and mobile phones. Best majors for finding work

Some of the more stable and well-paying college majors are not necessarily the most popular ones among students.

\* Education: Teaching careers continue to be some of the most prevalent and stable. The field of education is essentially recessionproof, as there will always be a demand for educators in one capacity or another. Students looking for a stable, moderately paying career can consider earning a degree in education.

\* Engineering: Engineers are some of the best-paid and most highly-coveted workers. Engineering careers cover many disciplines. Mechanical engineering, electrical engineering, general engineering, and civil engineering are just some of the careers engineering majors can pursue.

Math: Math and computer science majors should also be successful finding jobs. These number crunchers hold careers that span computer coding to math professors to corporate analysts.

Certain majors are popular, but others do better in the real world. Understanding the difference can help students choose the best options when selecting a major.

## How to curtail college costs

Education is an expensive investment, costing many people as much as their homes and far more than their vehicles. And the cost of a college education only continues to rise. According to the National Center for Education Statistics, for the 2012-2013 academic year, the annual costs for undergraduate tuition, room and board were estimated at \$15,000 for public schools and between \$23,000 and \$39,000 for private institutions, whether

they were for-profit or nonprofit. Few students are able to fund their schooling outright, which means they must seek ways to finance their educations. The following are a handful of strategies students can employ to curtail college costs.

 Investigate scholarship programs. Colleges and universities offer scholarships to incoming students based on various criteria. Start by speaking with a school guidance counselor about available scholarships. Consult directly with the schools where you plan to apply for admission. You may find that they offer scholarships based on academic merit,

extracurricular activities or athletics. You also can do a search online. Scholarships. com, for example, enables you to find available money to pay for college.

• Explore academic grants. Grants are another form of financial assistance for students to explore. Unlike scholarships, which are awarded based on merit, grants are not tied to a specific list of criteria that must be met. Financial need is often given greater weight when awarding grants than academic performance. Public and private organizations, professional associations, the government, and even schools sponsor various

types of grants. • Sign up for work-study programs. Work-study programs are another form of financial aid. When part of a work-study program, students work part-time to offset their college expenses. Jobs may be available on-campus or off-campus, though ones that are on-campus may be more amenable to your class schedule.

 Stick closer to home. Many students dream of attending college away from home and immersing

themselves in a new environment Ñ including dorm life. However, attending school close to home can drastically reduce the cost of pursuing your degree. At public universities, tuition costs for instate students are typically a lot less than the costs for out-of-state students. Room and board costs, which out-of-state students who canOt commute to school must pay, can cost several thousand dollars per year. If you can find a school close to home and commute to school, you can save a substantial amount of money.

PAGE 17

• Be frugal with food. Food costs can quickly add up if you frequently dine out. College towns have a number of attractions and eateries, and it's easy to succumb to the draw and convenience of takeout or sit-down meals at a restaurant. Limit dining out to special occasions and try to stick to dining halls or meals you prepare yourself to reduce food costs.

The cost of higher education continues to climb. But there are ways to make postsecondary schooling more affordable.

Make the most of your entry-level job

Like many opportunities, entry-level jobs are often only as valuable as employees want them to be. Those who approach entry-level opportunities with a good attitude and a strong desire to learn are the ones who are most likely to someday consider their experiences as entry-level employees as invaluable. With that in mind, the following are a few ways entry-level workers can make the most of their opportunity. WT145194

Many top level business executives, including some CEOs, began their careers in entry-level positions. Such positions may not fulfill a post-grad's dream, but they are often great opportunities for freshly minted graduates to learn about a given industry. Like many opportunities, entry-level jobs are often only as valuable as employees want them to be. Those who approach entry-level opportunities with a good attitude and a strong desire to learn are the ones who are most likely to someday consider their experiences as entry-level employees as invaluable. With that in mind, the following are a few ways entry-level workers can make the most of their opportunity. Maintain a good attitude. Chances are your first few months as an entry-level employee will be spent performing tedious tasks that may have little to do with your long-term career goals. Approaching such tasks with enthusiasm may be difficult, but do your best to maintain a positive attitude. Your coworkers and bosses will observe how you respond to your workload, and that response can dictate your future with the company. In addition, those who are above you on the company food chain no doubt performed some menial entry-level work when they began their

land. Companies vary with regard to culture at the office, so while a casual environment might have prevailed at a past internship that does not necessarily mean your new employer fosters the same environment. When starting an entry-level job, pay attention to how the staff interacts with one another, including how decisions are made. Such information can help you as you look to advance your career and build relationships within the company.

\* Develop your skills. No one expects you to be

dable foe to anyone. Exercise enthusiasts and couch potatoes alike periodically can suffer from fatigue, which can affect performance at work and one's relationships with friends and family.

Fatigue can prove a formi-

Fatigue can be temporary or chronic, and while quick fixes like an energy drink might work for a little while, such solutions may only mask fatigue for a brief period before it returns once the stimulant wears off. Many times fending off fatigue involves making some lifestyle changes that can boost your energy over the long haul and make fatigue a distant memory.

\* Eat breakfast no matter what. According to a study published in the International Journal of Food Sciences and Nutrition, a high-fiber, highcarbohydrate breakfast can increase alertness between breakfast and lunch, a period of time during which many professionals begin to feel fatigue settling in. Whole-wheat toast or a bowl of high-fiber cereal can pack an energetic lunchtime.



Leaving the office to take a brief, yet brisk, walk is one punch that lasts all the way to way to combat fatigue during the workday.

\* Choose high-energy snacks. One of the problems many people have when dealing with fatigue is how they choose to combat their feelings of sluggishness. Eating a candy bar from the office snack machine might seem like the ideal energy booster, but a sugar boost does not last very long. Chances are your feelings of fatigue will return sooner rather than later.

\* Give yourself a break. Burning the midnight oil might be necessary, but failing to take breaks throughout the day will likely exasperate any feelings of fatigue. That's because taking periodic breaks throughout the workday has been proven to be very effective at combating fatigue. A study conducted at Louisiana State University compared a trio of different work schedules for workers who used a computer. Those who took brief, frequent breaks were better at fighting fatigue and more productive at work than those who did not. A short break of 5 to 10 minutes can be enough to provide an immediate energy boost and fend off feelings of fatigue.

\* Hit the road, Jack. Another way to effectively fight fatigue is to get walking. A decades-old study conducted by a researcher at California State University, Long Beach, found that walking briskly for 10 minutes provides people with more energy than eating a candy bar. Though the candy bar led to an initial energy boost, that boost died down within an hour, whereas the boost provided by a brisk walk increased energy levels for roughly two hours. Get up and walk around the office or take a brisk walk around the block or the parking lot of your office complex. You'll come back to your desk refreshed and ready to resume your workday.

Fatigue is no laughing matter for many men and women. But a few tried and tested fatiguefighting methods can increase your energy and productivity.

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careers, and a poor attitude that suggests you are above such work will only harbor resentment among those who have already paid their dues. \* Be ready to chip in. A willingness to cooperate and

work a few extra hours when help is needed is a great way for entry-level employees to get noticed. But while helping coworkers is great, make sure your own responsibilities aren't suffering because you're too quick to lend a helping hand. Once you have cleared your plate, you can then approach your boss and express your willingness to help. Such gestures will be appreciated and will help you get noticed for all the right reasons. portunities. \* Learn the lay of the

fully satisfied with an entry level position for your entire career, so don't be afraid to seek opportunities to further develop your skills. Such opportunities may present themselves within the company via an interesting project or outside the company via a class at the local college. Take advantage of any chance to develop your skills, and don't feel guilty about pursuing opportunities that have little to do with your current position so long as you're still doing your job to the best of your abilities. A good company will be impressed by your desire to learn and grow your skill set, so don't hesitate to seek such op-

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