根据国家教育统计中心数据，大约80%的美国大学生在结束学业前至少要换一次专业。一些学生一开始读的是父母或者亲戚为他们选择的专业。在大多数情况下，这些学生很难做出决定，因为他们不知道在转变已经被规划好的职业时该如何面对他们的亲人。一些学生决定转专业因为他们面对专业基础课时感到很艰难，另一些学生是因为他们讨厌所学的专业，觉得有必要换一个自己喜欢的专业。专家相信意识到你的专业不适合你的技能和天赋并没有错。实际上，能有这个意识的能力是成熟的标志。重要的是找到一个更适合你的专业。在做转变之前，你需要见一个学术导师，对你的选择做一个调查，跟教授和专业人士谈谈，问你自己一些严肃的问题来了解这对你是否是正确的选择。

There is a Chinese saying, "It is important to know yourself clearly." This point was first put forward by Laozi. In the Dao De jing, Laozi said, 'A person who knows others is wise, and a person who knows himself is wise.' To be clear-minded means that a person should have a correct view of himself, know his strengths and weaknesses, and have a clear idea of what he can do. We regard self-knowledge as' expensive ', which shows how difficult it is to achieve 'self-knowledge'. Self-knowledge is a philosophy of life and a virtue. It can help us correct ourselves and move towards higher life goals.