

Discover Yourself



Your first year is a great time to start thinking about who you are (e.g. your interests, values, skills) and how that fits with your educational and life goals.

- _____ Create a list of your interests, skills, values, and personality characteristics (i.e. “Who Am I?” worksheet)

- _____ Converse with your Faculty Advisor and others about your dreams and passions and how these might relate to your future goals.

- _____ Complete self-assessment inventories (e.g., Myers-Briggs Type Indicator, Strong Interest Inventory) with a Career Counselor and discuss your results with your Faculty Advisor and other mentors.

- _____ Take classes to explore your interests and possible majors. Be open to new areas of interest.

- _____ Participate in clubs, organizations, and related co-curricular activities that relate to your values, interests and goals, and discuss with an Academic Advisor and Career Counselor.

- _____ Attend lectures and presentations related to your areas of interest.

- _____ Develop your writing, speaking and critical thinking skills through your First Year Seminar.

- _____ Evaluate your learning style so that you can develop study skills and work habits that allow you to be a successful learner.