

Who Am I?



Complete the following sections to create a picture of you at this time. Intentionally think about who you are (e.g., values, interests, skills) and connect this deeper self-understanding of your educational and life goals.

My interests include:	My skills include:
Values that are important to me/guide me are:	Things I like to participate in:
Classes and/or areas of study I enjoy are:	Things I dream about doing/accomplishing:

After responding to each section, consider:

- Prioritizing the items within each section
- Examining the chart for themes or patterns (are there topics/items that reoccur throughout the chart?)
- Reflecting on the connection between who you are and majors, careers, and life goals
- Discussing your “Who Am I?” worksheet with others, including faculty, academic advisors, career coaches, and other mentors.

<https://www.csbsju.edu/xpd/students/how-to>

CSB OFFICE

Academic Services Building
320-363-5707

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SJU OFFICE

Mary Hall 10 and 25
320-363-3236