Learning About Yourself: Reflection and Assessment

✓ In order to make good, informed decisions about majors and careers, first reflect on key aspects of yourself. Ask yourself brainstorming questions to determine your values, interests, personality, and skills before you start exploring major and career choices.

✓ Complete the VARK questionnaire to learn more about your learning styles

✓ Gain further insight into careers by reflecting on your heart, soul, mind, and strengths.

✓ Determine what you do best and what you want most out of a job.

✓ Pinpoint your values, consider your options, and list steps to achieve purpose.

✓ Get feedback from friends, family, advisors, and faculty to learn about your unique interests, abilities, and strengths.

✓ Work through the Career Center or online to take...
  - Myers Briggs Type Indicator
  - StrengthsQuest
  - Strong Interest Inventory
  - FOCUS2 Assessment
  - 16 Personalities
  - The Keirsey Temperament Sorter

✓ Think about the types of skills and course expectations you are most comfortable with, for example:
  - Preparing for & Taking Tests
  - Effective Note Taking
  - Organization & Time Management
  - Reading & Comprehension
  - Understanding Lectures
  - Communication with Professors
  - Math Skills
  - College Level Reading Strategies
  - Presentations & Public Speaking
  - Working in Groups
  - Academic Writing
  - Study Strategies
  - Research Skills
  - ____________________________

 ✓ Become active in extracurricular activities and clubs. Active involvement in activities and clubs on campus is highly valued by employers and graduate schools. Become a leader, hold an office, or coordinate an event.

 ✓ Follow up by discussing results with friends, family, faculty or Academic Advisor