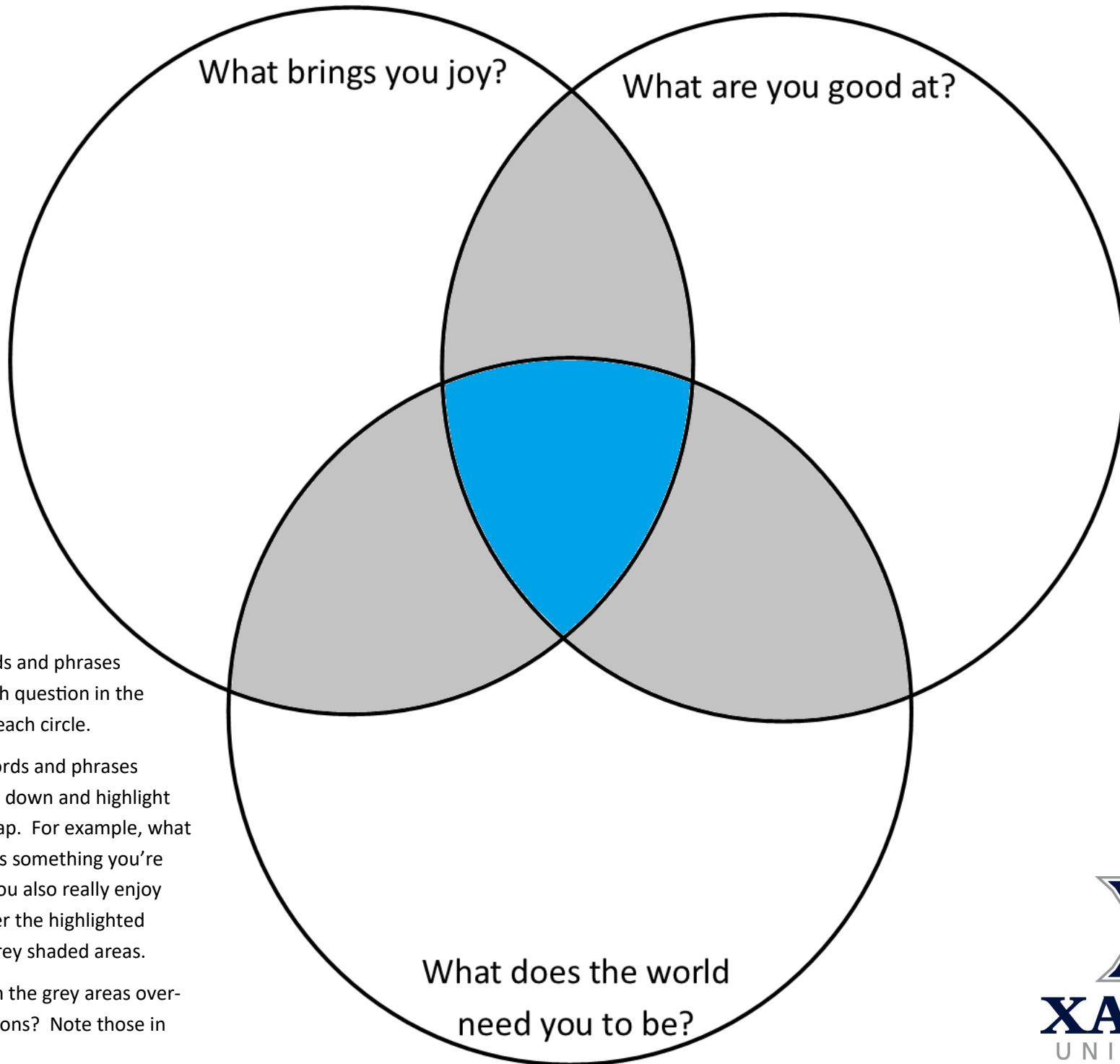


MAJOR & CAREER DISCERNMENT REFLECTION



DIRECTIONS:

1. Jot down words and phrases answering each question in the white area of each circle.
2. Review the words and phrases you've written down and highlight any that overlap. For example, what did you note as something you're good at that you also really enjoy doing? Transfer the highlighted items to the grey shaded areas.
3. Which items in the grey areas overlap all 3 questions? Note those in the blue area.

MAJOR & CAREER DISCERNMENT REFLECTION

WHAT BRINGS YOU JOY?

What activities do you engage with in your free time? An activity that brings you joy is one where you lose track of time, feel energized while and after doing it, and want to continue coming back to it on a regular basis.

- What activities do you most enjoy?
- Consider a past job, internship, or campus activity: What was most fun to you?
- What activities leave you with a feeling of proud accomplishment when completed?
- What energizes you?

WHAT ARE YOU GOOD AT?

Consider the skills that come easily to you, both hard and soft skills. Are you great with numbers? Naturally a people-person? Get a kick out of problem-solving? Creative? A strong public-speaker? Good with kids?

- What are things that come naturally to you?
- What are your strengths?
- Reflect on compliments you've received on a job well done: What skills did you implement?

WHAT DOES THE WORLD NEED YOU TO BE?

As you listen to the news, what is your heart drawn to? What topics do you find yourself thinking about hours after reading the news story? In what ways were you, your family, friends, or community significantly impacted by the love, kindness, and effort of others?

- What issues, concerns, and needs in the world mean the most to you? Why?
- In what ways can you imagine getting involved, helping the cause, and making a difference?
- What organizations or job titles might allow you to have the greatest impact?

NEXT STEPS...

- In the days ahead, pay attention to the occasions in which you are actively engaged in something that brings you joy, doing something that you're good at, and learning about or discussing a need in the world today. Recognize and appreciate these gifts and how they make you uniquely YOU.
- Get insight from those who are closest to you. Ask members of your family and close friends what they believe to be your strengths, when they've seen you thriving and how they can imagine you combining what you've been reflecting upon into your career planning.
- Talk to someone you trust. Share with them what you've been reflecting upon and ask for their insight. Ask for advice, connections, and recommendations for research to deepen your reflection.
- Connect with Career Development to explore steps you can take for further exploration, resources to research career options that align with your unique skills and interests, industry professionals who can share their experiences, and opportunities to test drive the options you are considering.