



Decision Making

Choosing a major in college and deciding on a career can be overwhelming for students. This worksheet might be a helpful starting point as you begin the decision making process. Be sure to schedule a follow-up appointment with CALS Career Services (515-3249).

1. Develop Self-Awareness and Understanding

This step should involve a thorough investigation of one's beliefs, interests, values, feelings, abilities, needs, ambitions, successes, life style, etc. Consider the following questions:

- What type of activities and tasks do I enjoy?

- What are my special talents and skills?

- What type of personality traits and unique characteristics do I have?

- What values are most important to me?

- In what areas of study have I done well?

- What is the ideal work environment that best suits me?

- What is my preferred work style?

NOTE: Uncertain about your answers? Were there questions you had to leave blank? Visit CALS Career Services in 111 Patterson Hall. We offer computerized assessments to help you gather information about yourself and individuals counseling to help you sort through it.