

## Five Questions to Ask Yourself...When Deciding on a Major

1. What are your interests? Consider...
  - Things you enjoy (work, activities, hobbies, etc.)
  - Environment (indoors, outdoors, combination)
  - Courses (projects, assignments, activities)
  - Things that do not interest you
  - Do you think you would be interested in the careers/work related to the major you are considering?
2. What are your abilities? Think about...
  - Class and work performance
  - Talents (helping others, influencing, solving problems, working with numbers, using your hands, organizing)
  - Recognition and awards received for work, academics, activities
  - Do you have the ability to be successful in the major you are considering?
3. What are your values? Reflect upon...
  - Religious, philosophical, moral, ethical beliefs/teachings
  - Things which are important to you (personal service, financial security)
  - Political stand on topics
  - Importance of family
  - What values match the requirements and outcomes of the major you are considering?
4. What are your motivations? Take into account...
  - Interests, abilities, values, other
  - Outside pressures, what you "should" do
  - Ease of major
  - Good jobs, high salaries
  - Would your motivation be strong enough to allow you to succeed in a major even if other factors seem to direct you away from that major?
5. What are the realities? Weigh...
  - Situations that have strong and overriding influence on your choice
  - Conflict between interests, abilities, and job availability
  - Investment in the future, risk

Do your interests, abilities, values, and motivations conflict with each other, or are they in agreement?