**Timeline Activity**

Take a few minutes to reflect and develop a timeline of how you have gotten to where you are today, and where you want to go in the future. This will help you to evaluate and prioritize your interests, values, and goals.

Some guiding questions to help:

1. Who has influenced or inspired you?
2. What experiences have been meaningful to you?
3. What experiences do you want to have in your life?
4. What are your proudest accomplishments?
5. What obstacles have you overcome?
6. What roles do you want to play throughout your life?

After completing the timeline activity, make an appointment with your academic adviser to discuss what you learned. To schedule an advising appointment, please go to your success network in starfish.psu.edu. Or, please call DUS at 814-865-7576