**Self-Exploration**

***What do I need to know about myself before I select a major?***

The purpose of this activity is to help you reflect on your personal characteristics and prepare to discuss them with your adviser.

What am I interested in?

What am I good at? What are my strengths and weaknesses?

What is important to me? What do I value?

What are my short-term and long-term goals?

What other factors do I need to consider?

After completing this 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.