**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?**