

DECISIONS, DECISIONS: HOW TO SEEK OUT FEEDBACK & REFLECT ON YOUR MAJOR/MINOR OPTIONS



FIND YOUR PEOPLE

Whose opinion do you trust? Who has the experience to speak to your choices? And where can you find the additional information you need to make the most informed decision?

Here are a few individuals to consider reaching out to for a conversation:

- **Peers** who are currently in the major/minor programs you are considering
- **Faculty members** in the major/minor programs you are considering
- **Career coaches** in the Office of Personal and Career Development
- Faculty or student **academic advisers** through the Office of Academic Advising
- **RA** in your residence hall
- **Parent, family member, or friend** who know you well
- Past or present **mentors**

ASK FOR FEEDBACK

Solicit feedback from the people you trust by asking good questions that will help you think through which majors/minors will be the right fit for you:

- What are my **strengths/weaknesses** academically?
- Are there certain **skill sets or areas where I need to build up my knowledge base**? If so, which academic areas of study will help me to do that?
- How would XYZ major/minor get me closer to my **life and career goals**?
- Based on your experience, **what do you think I would enjoy** about studying this particular academic subject? And, what might I not like about it?

TAKE TIME TO REFLECT

Now that you've sought counsel and advice from people you trust, take some time to reflect individually on who you are and what you have heard from others to make an informed, confident decision about your major/minor.

- **What am I good at** (writing, problem-solving, art, etc.)? And which major/minor would let me build upon that?
- What subjects am I **most excited** to study?
- Which major/minor would help me to **acquire the skills and experience** needed for the **career paths** in which I am most interested?