Looking for a Major – Worksheet

List the classes that you have taken. Rate each course utilizing the following scale:

1  2  3  4  5  6  7

<table>
<thead>
<tr>
<th>Extremely Draining</th>
<th>Neither Draining/Energizing</th>
<th>Extremely Energizing</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Course</td>
<td>Ranking</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Reflect:

What classes were energizing? What do these classes have in common?

What classes were draining? What do these classes have in common?

What have you learned about yourself, abilities, interests and goals after taking several courses?

Can you identify majors that are not a match for your abilities, interests, and goals?

Can you identify majors that might be a match for your abilities, interests and goals?

What are your next steps?