Get to Know Yourself
Explore Who You Are and What You Enjoy

- What are your interests?
- What classes have you enjoyed?
- What activities/skills have you enjoyed doing the most?
- What are your hobbies or things you like to do for fun?
- What types of jobs or careers are people involved in around you?
- What have you dreamed about doing?

Research Careers / Academic Programs
Begin to Identify Education and Career Options

- Utilize the Career Center to help you do your research.
- Talk with people in the world of work.
- Meet with advisors in academic departments of interest.
- Generate new ideas you may have not considered.
- Gather information about your dreams.

Consider Factors Influencing Your Decisions
What Factors are Influencing Your Ability to Make Decisions

- How have you made decisions in the past?
- What factors are impacting your ability to identify options, choose among alternatives, make a decision, or follow through with your choices?
- What information or strategies would help you decide among options?

Identify and Evaluate Your Options/Alternatives
Identify Several Alternatives or Options

- Have you completed your research?
- How do your options relate to who you are?
- What are the outcomes or consequences for each alternative?
- Do you have a plan B or alternative options in mind?
- Discuss your options with someone you trust?

Design a Course of Action
Implement Your Decision(s)

- Is the information you have current and up-to-date?
- Have you outlined your plan of action?
- Are you able to identify action-steps to implement your decision?
- Great job! You have developed and education and/or career plan!!