



## FOR UNDECIDED STUDENTS

### SELF AWARENESS

#### Action Steps

Complete any of the following creative activities to gain more awareness of your interests, abilities, history, values, personality, and goals:

- *Music*: What is your favorite song/song that inspires you/your theme song? Describe the lyrics and music. How does it affect you? What does it say about you?
- *Journal*: Free-write an answer to the question "What should I do with my life?" If that's too big: "What do I want to try next semester?" Be creative. Think of it as the next chapter in your personal story. What ideas seem too crazy to share, but you wrote down anyway? Sketch out a plan.
- *Show and Tell*: Choose five objects that exemplify what is important to you. Schedule a time to show a friend and share. Ask your friend to give his or her impressions. What values are central to who you are?
- *Snoop*: The décor, organization and contents of a personal space (i.e. bedroom) form clues to the personality of the individual who lives there. What bits of information can you glean from your personal space? What stuff do you see? Note clues from your music playlist, favorite websites, posters, books, sports equipment, clothes, etc. Shortcut: Read your Facebook profile page. Summarize your personality profile in one paragraph.
- *Body Language*: Get in front of a mirror and read the list of majors at UNC. Record a symbol for your facial expression next to each major (happy/sad/disgusted/confused/etc.) Circle the positive ones and investigate.

#### On the Web

- Take three quick assessments on Discover that suggest majors and careers for you <http://www.unco.edu/careers/students/major-planning/index.html>

#### With a Counselor

- Meet with career counselor one-on-one during walk-in hours or by appointment
- Converse about your peak experiences while your counselor listens for themes
- Complete activities, worksheets and card sorts to give you language around your interests, skills, values
- Sketch out your goals and create an action plan for yourself
- Sign-up for in-depth self assessments Strong Interest Inventory or Myers Briggs Type Indicator