



Reflection Activity

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REFLECTION is the expression of a thought or opinion from allowing oneself to think quietly and calmly. It is important to recognize and revisit an experience or previous thought, idea, or opinion.

Take some time now to think back on where you were at the beginning of this process and consider how comfortable you are with the choice you have made:

How do you feel?

How have friends and family reacted to your decision?

Are you procrastinating or moving forward?

Do you need to take a step back by revisiting an earlier step in the decision-making process?

What is the next career decision you will need to make (e.g. graduate school, work location, academic minor, etc.)?

How can you apply the skills you have learned for choosing a major to this new decision? Reflect on these questions and your decision.

What did you learn from making that decision in the past that could apply to the decision you are faced with now?