



# Self - Awareness

What do I need to know  
about myself to choose a  
major?

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## Students will:

- Consider their personal dreams, interests, skills and values that influence their choice of majors and careers.

# Before you get started:

- The next four slides will each ask you to complete a worksheet. These worksheets **may** take some time. We *recommend* that you give yourself plenty of time to complete each one, either one at a time or all four at once. Your thoughtfulness on these exercises will benefit you in the long run.
- You should have a pen or pencil.
- You should have the ability to print the worksheets or a notebook on hand.
- Have fun!

# What do you *hope* to do?

- Click [here](#) to answer questions that will help you reflect on your personal dreams.
- It is recommended that you print the linked worksheets.
- From the worksheet, you can hit the back button to return to this page.



# What do you *enjoy* doing?

- Click [here](#) to answer questions that will help you reflect on your interests.
- It is recommended that you print the linked worksheets.
- From the worksheet, you can hit the back button to return to this page.

# What are you good at?

- Click [here](#) to answer questions that will help you reflect on your skills.
- It is recommended that you print the linked worksheets.
- From the worksheet, you can hit the back button to return to this page.

# What is *important* to you?

- Click [here](#) to answer questions that will help you reflect on your values.
- It is recommended that you print the linked worksheets.
- From the worksheet, you can hit the back button to return to this page.

# What are the *realities*?

Consider how your personal characteristics relate to realities and how the realities might affect your choice of major.

- Do your dreams, interests, skills and values conflict with each other or are they in agreement? (Sometimes students are very *interested* in a major, but find that they don't have the *abilities* to handle the required courses.)
- Will you be able to meet entrance-to-major requirements?
- How much extra time will it take you to graduate if you've already completed many credits that can't be applied to the major you choose?
- Does West Chester University offer the major(s) you're interested in, or would you have to transfer to another school?
- Can you afford to pay for four or five years of college or only two years?
- What other realities are you facing?





## Bringing It Together

- Choosing a major should really start with knowing who you are. Now that you've done some reflection, you can see that WHO you are is the **first** step to knowing WHAT your major is.
- We encourage you to continue on to the next step, which will [explore](#) other resources that you can use to decide on a major.
- At this time, please make an appointment to share your discoveries with a member of the [Career Development Center](#) or your academic advisor. (See your MyWCU account for your advisor's name and phone number.)