REFLECTION WORKSHEET FOR FYE’S

1. Before working through Focus:
   A. Did you already have a career goal? Yes___ What?_____________________ No___
   B. Did you already have a major? Yes___ What?_____________________ No___
   C. If you answered “Yes” to A and B, skip to question 3.

2. Since working through Focus:
   A. Are you closer to setting a career goal? Yes___ What?_____________________ No___
   B. Are you closer to declaring a major? Yes___ What?_____________________ No___
   C. If you answered “No” to A or B, check the items that apply to you:
      a. ___I need more details about occupations, majors, education requirements, etc.
      b. ___The lists of occupations that match my self assessments are too limited.
      c. ___I need help narrowing down my choices.
      d. ___I think the courses in my preferred major might be too difficult for me.
      e. ___Other. Explain_____________________________________________________________

3. As a result of working through the program, what was your most thought-provoking discovery?

4. How will you incorporate this information as you set your major and career goals?

5. How does this information help confirm you have made good major and career choices?

6. If, for any reason, your first choice of major and/or career goal is not an option, explain your thoughts on selecting an alternative route.

7. What are three steps you are going to take to move in the direction of your major/career choice(s)?