

Choosing a Major Self-Coaching Form

Explore, Understand, and Discover Yourself!

What is the reason I need to choose a major?

What are my options right now?

What are 1 or 2 things I need to know about each option before I can decide?

What is the first thing I need to do to begin to help answer the above question?

On a scale of 1 to 10, how committed am I to following through with this plan?

1 > 2 > 3 > 4 > 5 > 6 > 7 > 8 > 9 > 10

Need help working through your time management challenges and any potential changes you want to make? Want to create an individualized plan, personalized to your life and your goals?