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?

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?