

## Exploring Majors and Careers I – Taking Stock

Name \_\_\_\_\_

### 1. Current level of decision-making (check the one that best applies)

\_\_\_ I am pretty certain of the major I wish to pursue. It is:

\_\_\_ I am thinking about one or more majors, but I'm not sure. They are:

\_\_\_ I don't have a clear idea what major I wish to pursue.

### 2. Reasons for your current level of decision-making (check any that apply)

\_\_\_ I don't have enough information about the major I am interested in to make a good decision.

\_\_\_ I don't have enough information about what careers are available to graduates in my major to know if this is right for me.

\_\_\_ I don't really know what majors are available.

\_\_\_ I have so many interests that I don't know how to narrow my options.

\_\_\_ I don't have any strong interests, so I'm not sure where to begin exploring.

\_\_\_ I don't know what factors I should consider to help me choose a career.

\_\_\_ I'm afraid to choose a major because it might be the wrong decision.

\_\_\_ I have difficulty making decisions in general.

\_\_\_ Other people have suggested majors, but I'm not sure they are right for me.

\_\_\_ I am not sure whether I want a two year or a four year degree.

\_\_\_ I signed up for a major, but I'm not sure it is right for me.

\_\_\_ I'm not sure about my ability to succeed in the coursework for a my major.

### 3. Your feelings about choosing a major (check any that apply)

\_\_\_ anxious \_\_\_ confused \_\_\_ excited \_\_\_ fearful \_\_\_ frustrated \_\_\_ happy

\_\_\_ numb \_\_\_ pressured \_\_\_ relaxed \_\_\_ stressed \_\_\_ confident \_\_\_ uncertain

4. Decision-making strategy (choose the one that best describes you, more than one if they apply)

- \_\_\_ Procrastinator – I know I must make a decision but will put it off as long as possible.
- \_\_\_ Impulsive – I take the first choice that seems reasonable without looking at other options or collecting information.
- \_\_\_ Fatalistic – I will leave the decision to fate since I have very little control over it.
- \_\_\_ Agonizing – I have invested so much time and thought into possible majors that I feel overwhelmed and can't decide.
- \_\_\_ Compliant – I think it is best if someone else who knows more about the subject makes the decision for me.
- \_\_\_ Intuitive – I will make a decision when it feels right.
- \_\_\_ Analytical – I will make a decision based on an orderly, rational process that requires solid information and reflection and involves both thinking and feeling.

6. Your decision-making style (put an X on each line to indicate where you are between the two extremes)

**spontaneous** – I know that once I decide, I may change my mind, so it's not that important.

**systematic** – Once I make up my mind, I seldom change it, so I want to be sure it's right.)

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**external** – I have talked to or will talk to my parents, friends, teachers and counselors and rely on their advice about what to choose.

**internal** – I have or will think about it myself without seeking the advice of others before deciding what to choose.

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7. Revealing Occupational Stereotypes

Gender stereotypes are still alive and well in our society. Only one in ten engineers is a woman, even though women are just as capable at engineering as men are. Few men decide to become nurses or elementary school teachers, even though they can be equally good at this as women. Messages about appropriate occupations for each gender can come from textbooks, television, movies, and role models.

What are some messages you have received about what appropriate careers are for females and males?