Journal #1—Choosing a Major

When the only tool you have for choosing a major is a few course listings in your University catalog, trying to decide on a major can seem like a pretty academic affair. Many of you selected your major solely on the basis of what "someone" told you to select. This is a dangerous method of selecting a major program. Instead, talk to someone in your field; visit with a professor who teaches your major courses; or visit an actual job site in your chosen field. You may even get the opportunity to intern or co-op for a semester or two during your college experience. Whatever route you take to decide upon a major, the following exercise should help you further solidify your thoughts about choosing your major.

1. Research your major in a career resources handbook such as the Dictionary of Occupational Titles. Answer the following questions:
   A. What is your chosen major?
   B. How did you decide upon this field?
   C. What specific career have you decided to work in? If you have not decided, select a career in this major field.
   D. What are a few of the duties and responsibilities associated with this career?
   E. What is the highest degree of education you will have to attain?
   F. What is your anticipated earning power (salary range)?
   G. Will you have to relocate?
   H. Can you identify a few advantages to having a career in this field?
   I. Will it be to your advantage to pursue a post baccalaureate degree in this field to achieve your career goal?
   J. Why do you think you are suited to this career?
   K. What skills do you currently possess that will be useful in this career field?

NOTE: Journal should be typed, double-spaced, and should list your reference source.
Journal #2

Directions: This journal involves your identifying and defining three short-team goals (one day to one year) and three long-term goals (one year or more.) The goals may be academic goals, personal goals, career goals or professional goals. A combination of the four is also possible. Be explicit! Create a vision for your goals. Establish clear, measurable, realistic goals. Make sure the goals have a timetable. (When do you plan to accomplish the goal?) Discuss the accomplishment of each goal.

This journal should be at least one page in length and should indicate that you gave serious time and reflection to this planning process. However, a serious reflection of your goals will probably dictate additional thought and length.

Print your goals in narrative journal format. Do not list them.
Journal #3—Assessing Your Readiness

Every skill you explore and develop in college will prove helpful and useful in the real world of work. Evaluate the following skills and prioritize where you feel you are in your personal development as it relates to your top three skills and the three skills you need to work on the most. Discuss your findings in this journal.

- **Self Esteem**—Believing in who you are and that you can have the career you want and deserve.
- **Integrity**—Proving to employers that you are honest and reliable.
- **Goal Setting**—Achieving what you set out to accomplish at work.
- **Reading and Research**—Keeping up with the latest in your field.
- **Critical Thinking**—Making the decisions and solving the problems that come your way daily.
- **Writing**—Using just the right words to communicate and convey your thoughts and ideas.
- **Memory**—Remembering what you hear and what you read in preparation for class assignments.
- **Communication**—Being able to work well with others in a team or group.
- **Handling Stress**—Coping with day-to-day pressures of school, work, family, etc.