

General Studies Exploration Personal Assessment of Interests

This packet is intended to guide students through exploration of their goals and aspirations in order to assist them in declaring a major.

My Goals and Dreams

1. What goals have you set for yourself?
2. What is your dream? If you could do anything without regard to what it takes to make it happen, what would you do and what would make you most happy?
3. How do you want to spend your day? What makes an ideal day for you? (environment, people, how the day is structured)
4. What skills or interests would you like to develop at MSUB?
5. What do you envision yourself doing in the next 5-7 years after you leave MSUB?

My Interests

1. How would you describe yourself? How do others describe you?
2. What are your favorite out of classroom activities or hobbies?
3. What were your favorite high school classes? Why? (teacher, subject, etc.)
4. Do you like hands-on activities or work?
Yes No
5. Do you prefer working:
Alone In Groups Indoors Outdoors
6. What new things are you interested in trying that were not available to you in high school?

My Skills

Academic Skills:

1. On a scale of 1-5 (5 = best) rate yourself:

___ study habits ___ writing skills ___ speaking skills ___ math skills

2. What do you see as your academic strengths? In what areas would you like to improve?

3. Do you have special abilities or experiences that might be helpful to a major or career? (public speaking, music, etc.) What scholastic achievements or awards have you earned?

What I Learned

1. What are the most important things you have learned about yourself while being a student at MSUB?
2. List specific personal traits that will help you define who you are and the person you want to be?

We Would Also Recommend You Interview

Student Interview Form:

Use this as a guide if you want to interview students about their majors or career paths they are pursuing. Add your own questions! Remember: Be professional and on time!

Name: _____

Address: _____

Phone: _____

E-Mail: _____

Appointment Date: _____ Time: _____

Location: _____

Suggested Questions. Please add your own. Check the ones you plan to use.

- How did you decide this major was right for you?
- Tell me about the classes you are taking? What skills do you need to do well in them?
- What is most enjoyable about this major?
- Have you had any difficulties or doubts about it?
- Are you active in clubs for this major? If so, what is interesting about them and what are the benefits of participating?
- Have you focused on a particular career path or are you looking at general opportunities?
- Are you doing any other academic enhancement program, such as an internship, research, etc?
- What are you learning and of what benefit is it?
- Additional questions you wish to ask:

After the interview, write your impressions of this major and possible career path here.

Faculty Interview Form

Use this as a guide if you want to interview faculty about a major. Add your own questions!
Remember: Be professional and on time!

Name: _____

Address: _____

Phone: _____

E-Mail: _____

Appointment Date: _____ Time: _____

Location: _____

Suggested Questions. Please add your own. Check the ones you plan to use.

- Why do you enjoy this field? How did you decide this was a good fit for you?
- Tell me about the classes in this major? What skills do you need to do well in them?
- What do you see as the most challenging and rewarding parts of this major?
- Are there opportunities outside of the classroom (research, internships, etc.) that are beneficial?
- Are they required?
- Is graduate school recommended or required after I complete this major?
- What trends do you see in this field?
- What are the alumni in this major doing after they graduated?
- What recommendations do you have for students to be successful in this major?
- Additional questions you wish to ask?

After the interview, write your impressions of this major and possible career path here.