What are your thoughts and feelings about your major or being undecided? Your thoughts and feelings about your academic direction are important because they could either lead you to make a well thought-out and careful choice or they could lead you to make wrong assumptions and consequently choose a major that you may later question or regret.

Circle all that apply:

- confused
- comfortable
- rushed
- supported
- fearful
- excited
- pressured
- disappointed
- stuck
- hopeful
- remorseful
- envious

Other feelings?

You have many talents! Research shows that the fastest and most powerful way to achieve excellence and success is to capitalize on your unique set of talents. A talent is an undeveloped strength and reflects how you naturally think, feel, and behave - and they reveal what you do best. But did you know that talents are often unidentified, unrecognized, and underutilized? Identifying your talents provides insight into what motivates you, how you manage things, and how you work with others. Take the StrentgthsQuest assessment for the most accurate appraisal of your talents. Until then, try this... *Do you or do others see yourself as someone who...?* Circle five– ten of the statements below that reflect your most dominant characteristics (there are no right or wrong responses as all are neutral):

**Do you or do others see yourself as someone who?:**

- Inspires others with the future and what could be
- Strives to build consensus
- Can bring a new thought to a conversation
- Brings people together in a positive way
- Understands that all people are unique
- Is a great source of information and collects things
- Can raise the intellectual level of a discussion
- Is always discovering something new and interesting
- Pushes for excellence in all you do
- Finds the upside to every situation
- Build deep and long lasting connections
- Is trusted and follows through on commitments
- Likes to solve problems
- Exudes confidence, even if you’re unsure
- Wants to be admired and do important things
- Asks ‘what if’ and finds the best route moving forward
- Loves to meet new people and win them over
- Is a hard worker who loves to be busy
- Helps others get started
- Can adjust to changing needs
- Uses facts and data to make good decisions
- Can keep many things moving in the right direction
- Stands up for what they believe in
- Takes the lead when no one else will
- Can make things make sense to others
- Can rally a team to take on a challenge
- Senses that things will happen the way they should
- Can establish clear guidelines
- Helps others avoid mistakes from the past
- Is the voice of reason in times of important decisions
- Grows the talents of those around you
- Has a strong eye for details
- Can tune into the feelings of others
- Who can keep others on track to meet their
Know your Academic options. Does UMass Boston offer the perfect major for you? Maybe. Maybe not. If you can’t seem to find that ideal major, you can likely still find one that will meet many of your needs. Learn about your options by visiting the ‘Academics’ section of the UMass Boston website to review the undergraduate majors you are considering and which ones you are not. Do you have the right skills and talents to succeed in a chosen major? Oftentimes students actually find their true niche at the graduate level, so for fun, poke around at the graduate level options too. Do this: read the degree requirements and course descriptions, faculty biographies, and current research in the areas that catch your eye. Narrow down your choices by first eliminating the majors that are definitely not for you.

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<th>Majors definitely not for me:</th>
<th>Majors possibly for me:</th>
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Why have you selected these areas and what do they reveal about your academic interests and talents?

You and the world of work... Most of us are only aware of a small segment of the thousands of jobs out there. It's time to do some aggressive career research and find work where you will feel emotionally invested and engaged. Imagine this: a job where you have the opportunity to do what you do best, every day (think about your talents). What would it look like? Who would you work with? What is the work's (or organization's) mission?

In addition to meeting with a Career Specialist for a one-on-one conversation, visit these internet sites: UMB.joinhandshake.com, ‘What Can I Do With A Major In’ from University of North Carolina, and the Occupational Outlook.

What job titles look interesting and warrant more research?

Go deeper. Visit the bookstore and take a look at the books in the academic areas where you have some interest. Visit the Healey Library Films on Demand website (http://fod.infobase.com/nd_Home.aspx) and watch documentaries in areas that you find intriguing. What are you learning from this research and how does it affect your major selection? Meet with professors who are teaching in areas where you have some interest. Reflect on your various social identities that have shaped your personal and family history and your lived experiences. Probe and find out about the latest research in the field and learn why these academic disciplines matters?

Get a little philosophical. Find a major where you can engage in deep learning and seek courses that will inspire you to grow in wisdom and virtue. Keep thinking about your life’s purpose, what you do best, and how you will make the world a better place.

How does this translate to your short-term and long-term goals?

Be authentic. The more authentic you are with the process of selecting a major and a career, the more engaged and satisfied you’ll be in the long run…and the less regret you’ll have in the future. Synthesize what you’ve learned so far and try to connect the dots. Don’t ever settle or try to please someone else. Don’t ever try to be like someone else or do things the way another would. Weigh your options carefully, work closely with your advisor and trusted family, mentors, or friends who will support you in your journey. Your new major is right around the corner, just waiting to meet you.