

BALL STATE UNIVERSITY
STUDENT SUCCESS COACHING

FIND YOUR FIT: **EXPLORING MAJORS** **WITH PURPOSE**

A Resource for Student Reflection

NORTH QUAD 339
SUCCESSCOACH@BSU.EDU
BSU.EDU/SUCCESSCOACHING



**BALL STATE
UNIVERSITY**
Office of Student Success
Coaching

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WORKSHOP DESCRIPTION & OBJECTIVES

Welcome to “*Finding Your Fit*,” a workshop designed to guide first-year exploratory students through the process of choosing a major by tackling three key objectives, including the following:

- ✓ Identify what types of roadblocks are present in your selection process.
- ✓ Gain deeper awareness of interests, values, strengths, and work preferences.
- ✓ Connect insights revealed with actionable steps toward exploring those areas further.

Focused on “informed decision-making” practices and grounded in intrapersonal communication techniques, this workshop will utilize reflective skills to help unlock next steps in fulfilling your academic and career paths

WORKSHOP GOALS

- ✓ **Be open and honest in your reflections:**
The more you are willing to explore your true interests, values, and experiences, the more useful this process will be in helping you gain clarity about your future.
- ✓ **Engage thoughtfully with each question:**
Take your time to reflect deeply on each prompt, considering how your past experiences and current interests can shape your future career and academic choices.
- ✓ **Respect the reflection process:**
This is a dedicated opportunity to invest in your personal and professional development. Give yourself the space and focus needed to lock in and gain meaningful insights.
- ✓ **Be prepared to take action:**
Reflection is only the tip of the iceberg (and can be easier said than done). Approach this exercise with the intent to use what you learn to guide your future decisions and next steps in exploring majors and careers.

AFFIRMATIONS

Choosing a major can feel exciting, overwhelming, and everything in between. It's a big decision, but it doesn't have to be made all at once or in a rush.

As you explore your options, it's important to stay grounded in self-belief and open to possibility. That's where affirmations can help.

Affirmations are short, powerful statements that remind you of your strengths, your potential, and your ability to grow through uncertainty. They can calm anxiety, boost confidence, and help you stay connected to your goals and values—even when you're not sure what comes next.

As you move through this packet, take a moment to breathe, check in with yourself, and use affirmations like these:

- “By choosing a major, I am not choosing what I have to do for the rest of my life!”
- “There is no perfect or correct major, just some I will be more satisfied with than others.”
- “My path is mine to discover—and I’m allowed to change direction.”
- “I am capable of making decisions that support my growth.”
- “Exploring is part of learning, and learning is a lifelong process.”
- “There is no magical test that will tell me what I should choose.”
- “I trust myself to figure things out, one step at a time.”

Use these affirmations, or create your own, as a reminder: you are not behind, you are becoming. Give yourself permission to explore with curiosity, compassion, and confidence.

MY SUPPORTS

You don't have to figure everything out on your own! Having a strong support system can make a big difference as you explore your major and navigate college life.

This section is here to help you identify the people, places, and resources that can walk alongside you—whether you're seeking advice, encouragement, or just someone to talk to.

Let's take a moment to map out who's in your corner.

<u>AWAY</u>	<u>LOCAL</u>	<u>BSU RESOURCES</u>
		<ul style="list-style-type: none">• Student Success Coaching

WHAT'S GOING ON BEHIND THE SCENES?

Before choosing a major, it is important to understand the reasons behind why and how you are undecided.

Below are a handful of common reasons a student may be undecided. Please check all that applies to your situation, and add your own, if applicable.

When I think about choosing a major, the main thought running through my mind is...

	I don't want to make the "wrong" choice.
	I don't know the options available and I don't have any information about them.
	I don't have interest in a particular study area.
	I have too many interests and cannot narrow down my options.
	I am not ready to commit to a choice.
	I have a career in mind, but don't know which major would prepare me best.

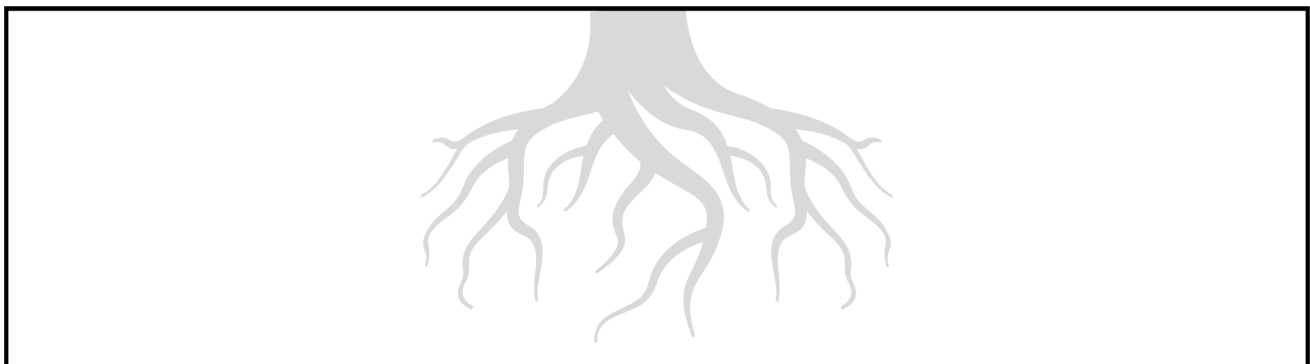
Take a moment to reflect...

What is the 'root' of this thought?

What might be causing the thought or feeling you just shared?

Not sure how to begin? Try asking yourself "why?" a few times in a row.

Each answer might help you uncover something deeper.



Now, take a moment to check in with yourself:

What emotions come up when you think about choosing a major? What feels hard or confusing about it? Can you tell what might be causing those feelings or roadblocks?

Naming your feelings helps you better understand yourself—and that's a powerful step forward.

Use this space to write freely about how you're feeling. The goal is to name what's going on inside so you can start making sense of it.

There's no wrong way to feel—just start writing and see where it takes you. Identifying emotions promotes emotional intelligence and self-awareness.

BRAIN DUMP

(Everything in your head)

Intensity of Feelings	HAPPY	SAD	ANGRY	AFRAID	ASHAMED
HIGH	Elated Excited Overjoyed Thrilled Exuberant Ecstatic Fired Up Passionate	Depressed Agonized Alone Hurt Dejected Hopeless Sorrowful Miserable	Furious Enraged Outraged Boiling Irate Seething Loathsome Betrayed	Terrified Horried Scared Stiff Petrified Fearful Panicky Frantic Shocked	Sorrowful Remorseful Defamed Worthless Disgraced Dishonored Mortified Admonished
MEDIUM	Cheerful Gratified Good Relieved Satisfied Glowing	Heartbroken Somber Lost Distressed Let Down Melancholy	Upset Mad Defended Frustrated Agitated Disgusted	Apprehensive Frightened Threatened Insecure Uneasy Intimidated	Apologetic Unworthy Sneaky Guilty Embarrassed Secretive
LOW	Glad Content Pleasant Tender Pleased Mellow	Unhappy Moody Blue Upset Disappointed Disatisfied	Perturbed Annoyed Uptight Resistant Irritated Touchy	Cautious Nervous Worried Timid Unsure Anxious	Bashful Ridiculous Regretful Uncomfortable Pitied Silly

HOW CAN INFORMED DECISION-MAKING PRACTICES HELP?

Informed decision-making can be defined as "the process of making a choice based on a thorough understanding of all relevant information, analysis, and thoughtful consideration of the options"



Gather relevant information:

I.e., identifying scope, impact, and objective; interests survey and reflection; skills survey and reflection; values survey and reflection; assessments provided by BSU, like Focus 2, Holland Code, MBTI, Clifton Strengths, etc.



Analyze potential outcomes, benefits, and risks:

I.e., career and major exploration worksheet (appendix); visit upper-division courses; speak with students and faculty within the department; take time to research online; schedule a session with a career coach, success coach, mentor, etc.



Understand the implications of each choice:

Think about how each option might affect your future—academically, personally, and professionally. Will it require more time in school? How does it align with your values, interests, and long-term goals? Taking time to consider the bigger picture helps you make choices that truly fit you.



Decide which choice is best for you:

After gathering info and reflecting, trust yourself to make the choice that feels right for you—not just what others expect. This is your journey. There's no one "perfect" path, only the one that matches who you are and who you're becoming.

WHAT IS YOUR TIMELINE?

Everyone moves at their own pace and that's okay! Choosing a major (and everything that comes with it) takes time, reflection, and resources like energy, money, and support.

Use the timeline below to mark your own goals, hopes, and deadlines. What steps do you want to take—and when? This is your chance to map it out in a way that makes sense for you.



Questions to consider:

- Am I willing to stay longer than four years/eight semesters?
- Am I definitely going to declare a major before my second semester?
- What goals/time markers do I have in place on my timeline?



TODAY:

1. Interests inventory and Reflection
2. Skills inventory and Reflection
3. Values inventory and Reflection

WHAT MAKES YOU, YOU?

Gaining deeper awareness over your own personal interests, strengths, values and work preferences is integral to the decision-making process. Many of us know what we like and what we don't like when we hear or see it, though it takes intentionality and effort to be able to identify, describe, and communicate those thoughts and feelings externally.

In the series of inventories below, please respond with whatever best describes your preferences and interests – remember, there is no wrong answer – answer with whatever is true to YOU!

Interests Inventory:

What are you interested in?

- ☐ I prefer to be doing physical activities
- ☐ I like to build things
- ☐ I like to work on/with mechanical things
- ☐ I like to work with my hands
- ☐ I like to do clerical/office tasks
- ☐ I prefer work that involve careful attention to detail.
- ☐ I like to create and make things
- ☐ I like to come up with ideas
- ☐ I would like to use my creativity
- ☐ I would like to work with animals
- ☐ I prefer to work with children
- ☐ I like to investigate
- ☐ I like to do research and finding answers to questions
- ☐ I feel fulfilled when I support others or make a difference in their lives
- ☐ I would prefer to travel
- ☐ I prefer to be outdoors
- ☐ I prefer to be in an office.
- ☐ I like solving puzzles or problems with logic
- ☐ I like creating plans, schedules, or checklists
- ☐ I enjoy analyzing systems or data
- ☐ I am drawn to visual details like color, style, and layout
- ☐ I like organizing people and leading projects or events
- ☐ I want to pursue a major that gives me flexibility in my future career
- ☐ I want to study something that will keep me interested long-term
- ☐ I care about finding a major that aligns with my personal values
- ☐ I enjoy speaking or presenting in front of others.
- ☐ I am interested in how organizations or systems work
- ☐ I prefer task that have clear steps and structure

- ☐ I like thinking outside of the box and coming up with new ideas
- ☐ I like listening to people and helping them work through challenges
- ☐ I prefer to have a neat and orderly workspace
- ☐ I prefer to have a planned and set schedule
- ☐ I am drawn to topics about culture, identity, or how people interact
- ☐ I want to have defined and structured tasks at work
- ☐ I feel more comfortable contributing as a team member rather than taking the lead
- ☐ I enjoy taking risks
- ☐ I gladly greet change as a chance to learn and grow
- ☐ I prefer to be doing many different things
- ☐ I want to be in a competitive working environment
- ☐ I prefer to work closely with people
- ☐ I want freedom and few rules in my workplace
- ☐ I'm curious about how laws, governments, or social systems work
- ☐ I want to work in a very cooperative environment
- ☐ I prefer being in positions of leadership
- ☐ I would rather be in charge or in control
- ☐ I enjoy writing and expressing my thoughts through words
- ☐ I prefer working with just a small group of people
- ☐ I would rather work by myself than in a group
- ☐ I am curious about the natural world and how science helps explain it
- ☐ I am genuinely concerned for others
- ☐ I like to come up with solutions for problems
- ☐ I am motivated by the challenge of reaching my financial goals
- ☐ I tend to procrastinate
- ☐ I enjoy when things get finished
- ☐ I prefer to prepare things ahead of time
- ☐ I am a perfectionist
- ☐ I enjoy expressing my ideas and connecting with others
- ☐ I like having thoughtful debates about important topics
- ☐ I have a strong interest in medical science and how the human body works
- ☐ I enjoy working with numbers and solving math problems
- ☐ I enjoy working with technology and learning new digital tools
- ☐ I like exploring different cultures and understanding diverse perspectives
- ☐ I am interested in environmental issues and finding ways to protect nature
- ☐ I enjoy planning and enhancing environments or systems like roadways or urban design.

Interests Inventory:

Reflection

Look at the boxes you have marked. Do you see any common themes in those expressions? What are they? If a preference is not on the list above, add them here:

Why do you believe these are of interest to you? What are some experiences you've had that have influenced why you marked these items?

Take a look at the statements you did not mark. Can you think of reasons why these are not of interest to you?

Do any of the statements you marked disagree with another statement you marked? What are those items?

Interests Inventory:

Subject Specific

Take a moment to reflect upon those subjects that you have completed both in high school and in college up to this point. List the subjects/courses you really enjoyed taking in the left column. Then, below list what it was about those courses that you enjoyed or liked.

Interesting/Enjoyable Subjects or Courses	Ability/Interest 1-10

In the courses listed above, consider how you would grow your skills and abilities to be successful and thrive in that area.

List out any courses that come to mind that were frustrating, boring, confusing, and/or you did not like.

Take a look at the Ball State areas of study printout.

Cross out the majors on the list that you know you would never consider – or circle the ones you feel you have some level of interest in – or do both.

The point is to make the potential list of majors manageable.

After: Are the majors similar/different to one another? Any commonalities or themes?

Skills Inventory:

What skills do I have?

This section helps you reflect on what you're good at—and where you might want to grow. Use the scale below to rate each skill based on your current level of experience or confidence.

5 = Highly Skilled | 4 = Skilled | 3 = Intermediate | 2 = Low Skill | 1 = No Skill

- ☐ Inspiring trust and confidence
- ☐ Motivating others
- ☐ Guiding the activities of others
- ☐ Working effectively with individuals and groups
- ☐ Planning and organizing
- ☐ Understanding emotional and educational needs of others
- ☐ Communicating verbally
- ☐ Maintaining order, resolving differences, anticipating and preventing problems
- ☐ Gathering information
- ☐ Presenting information in a manner that holds attention
- ☐ Adapting and presenting information to different learning styles
- ☐ Accurately assessing progress of individuals or programs
- ☐ Communicating effectively in writing
- ☐ Managing multiple tasks
- ☐ Working alone
- ☐ Solving problems
- ☐ Identifying important issues
- ☐ Integrating a variety of concepts
- ☐ Being organized
- ☐ Understanding how political and social contexts affect behavior
- ☐ Attention to details
- ☐ Self-motivated
- ☐ Analyzing information and situations
- ☐ Thinking critically
- ☐ Designing
- ☐ Taking initiative
- ☐ Being patient
- ☐ Being dependable
- ☐ Being understanding
- ☐ Speaking effectively in front of groups
- ☐ Creating policy
- ☐ Advocating for others

- ☐ Operating Machinery
- ☐ Investigating
- ☐ Using space effectively
- ☐ Making well-informed decisions
- ☐ Being self-disciplined
- ☐ Working under stressful conditions
- ☐ Serving others
- ☐ Interacting with people from different backgrounds
- ☐ Building or making things
- ☐ Leading others
- ☐ Being reliable
- ☐ Using diplomacy
- ☐ Taking responsibility
- ☐ Understanding physical needs of others
- ☐ Assisting others in their growth/development
- ☐ Helping other through stressful times
- ☐ Using time effectively
- ☐ Effective and active listening
- ☐ Working with numbers
- ☐ Using technology
- ☐ Persuading others
- ☐ Being inventive
- ☐ Persevering
- ☐ Being versatile and able to adapt
- ☐ Dealing with conflict
- ☐ Confronting others
- ☐ Facilitating discussion
- ☐ Creating or composing
- ☐ Performing
- ☐ Debating with others
- ☐ Selling ideas, goods, or services
- ☐ Being flexible to change
- ☐ Understanding all sides of an issue

If you have skills that you feel you excel at and are not on this list, be sure to list them after the last item on the list.

Skills Inventory:

Reflection

Review the Skills Inventory list. What are your highest rated skills?

Why do you think you're strong in these areas? What helped you develop them?

What draws you to these skills, and why do you feel they're important for your growth, goals, or future plans?

Which of your top-rated skills stand out most to you?

Choose a few and reflect on how these strengths might support you in your future major, career, or personal growth. Think about how they could give you an edge or help you feel more confident in your path.

Values Inventory:

What do I value?

Understanding your values can help you make choices that feel right for you—especially when it comes to picking a major or planning your future. Use the scale below to rate how important each value is to you right now.

5 = Highly Skilled | 4 = Skilled | 3 = Intermediate | 2 = Low Skill | 1 = No Skill

Related to your work environment...

- ☐ Risk & Adventure: It's important to you that your work includes opportunities to take calculated risks and explore new possibilities.
- ☐ Creativity: You value opportunities to use your imagination, think outside the box, and bring new ideas to life.
- ☐ Challenges: It's important to you that your work involves problem-solving and learning through difficult situations.
- ☐ High Paced: Your environment where change occurs often, or where you have to adapt to new circumstances.
- ☐ Variety: You enjoy having a mix of tasks and experiences in your work, rather than doing the same thing every day.
- ☐ Authority: You value having the power to make decisions and influence outcomes in your work.
- ☐ Competitive: You're motivated by achieving more than others and enjoy pushing yourself to be the best.
- ☐ Physical: It's important to you that your responsibilities include physical tasks or practical work.
- ☐ Money-Making: It's important to you that your work offers potential for financial growth and rewards.
- ☐ Leadership: Your role involves guiding and supervising others to help achieve shared goals.
- ☐ Security: There is a low likelihood of you losing your job
- ☐ Pressure: Your work often involves meeting deadlines and performing well under stress.
- ☐ Predictable: Your responsibilities are predictable and are not likely to change often.
- ☐ Flexible: You have control over your schedule and the ability to work hours that fit your lifestyle.
- ☐ Autonomy: You have a lot of independence and control over how you do your work.
- ☐ Change: Being in an environment where change occurs often, or where you have to adapt to new circumstances

Related to your personal interests...

- ☐ Specialized: You are recognized as an expert in a specific area or skill.
- ☐ Recognition/Value: You are appreciated, recognized and valued for your work
- ☐ Knowledge Seeking: You enjoy exploring new ideas and learning as much as you can about topics that interest you.
- ☐ Location: Your work takes place in a setting where you feel comfortable and at ease.
- ☐ Morality: Your work aligns with your personal ethics and allows you to uphold important moral standards.
- ☐ Community: Your job is in a place where you can build connections and be actively involved with others.
- ☐ Professional Growth: Your job offers clear opportunities to advance and develop your career over time.

Related to the people in your environment...

- ☐ Friendships/Relationships: Building strong friendships and positive relationships with your co-workers is important to you.
- ☐ Helping: Your responsibilities include helping others
- ☐ Connection: You feel connected to the organization for which you work
- ☐ Control/Power: Your job gives you the opportunity to direct and influence the actions of others.
- ☐ Contact: Your environment encourages a lot of interaction with others
- ☐ Isolation: Your environment allows you to spend most of your time working alone
- ☐ Societal Importance: Your job impacts society in positive ways

If you hold additional values and they are not on the list above, be sure to list them below.

Values Inventory:

Reflection

Take a moment to reflect on your highest-rated values. What experiences or beliefs make these especially important to you?

Which values stand out the most to you?

List 10 of your top-rated values and write a few notes on how each one could support your success in your future major or career path.

WHAT ARE THE NEXT STEPS?

You’ve explored the context of your decision, reflected on your interests, skills, and values—now it’s time to move forward. Review the steps below and use the ones that resonate with you to help guide your next moves.

Next Steps:

- ☐ Complete the guided reflection
- ☐ Complete the supplementary reflection worksheet (Appendix A)
- ☐ Check in with yourself: Are you feeling confident and certain about your path, or are you still getting there but making progress?

You Are...

Confident & Certain

- ☐ Book an appointment with your advisor to declare and major and work with them to make an academic plan.



Getting There...

- ☐ Talk it out: Connect with someone in your support system...
 - to help you process and reflect on your responses. Sometimes saying it out loud brings clarity.
 - to express ideas, worries, and fears, etc...
 - For support in gathering data and completing action items that will help you reach your goals.
- ☐ Schedule an appointment with a Success Coach through Navigate:



Set Your Next Steps: Jot down what actions you plan to take after this workshop. Consider setting a realistic deadline to help keep yourself on track.

Next Action Step	Why It Matters	Deadline	Support Needed

WORKSHOP REVIEW

Take a moment to reflect on what you learned today. Use the table below to jot down some ideas about how you are feeling now compared to before the workshop.

Beginning Goal	Present Mindset
To identify any thoughts, concerns, or obstacles that are making your decision process more difficult.	The root of my indecision was/is...
To gain deeper awareness of interests, values, strengths, and work preferences.	My top interests are... My top skills are... My top values are...
To connect insights revealed with actionable steps toward exploring these areas further	My first actions steps are...

FEEDBACK & FOLLOW-UP

Thank you for attending this workshop!

We hope this marks the beginning of a supportive and collaborative relationship. If you're open to a follow-up, simply check the box below to give us permission to reach out.

Please complete the information below and **tear out this page to turn in**. You're also welcome to use the space at the bottom to share any additional feedback, ideas, or next steps you're planning to take after the workshop—including any timelines or personal goals.

Name:

ID#:

How helpful was this workshop to your decision-making process in declaring a major?

- ☐ Very Helpful
- ☐ Pretty Helpful
- ☐ Kind of Helpful
- ☐ Not Helpful

At this moment, which of the choices below best describes how you are feeling about declaring a major.

- ☐ I still have little to no idea of what major might be best for me.
- ☐ I have narrowed it down to a few choices in a major.
- ☐ I am ready to declare a major.

Would you like a Student Success Coach to reach out for further support?

Our office offers coaching sessions in person, virtually, or by phone—whatever works best for you. Most sessions last around an hour and focus on helping you clarify goals, build habits, or work through challenges. If you just need a quick check-in for accountability or support, we can also schedule shorter sessions, like a 15-minute phone call. Student Success Coaching is proven to work!

- ☐ Yes, I am interested in scheduling an ongoing Student Success Coaching appointment.
- ☐ Yes, I am interested in scheduling an accountability check-in.
- ☐ Yes, I would like to learn more about Student Success Coaching and how it could support me.
- ☐ No, I don't think I need coaching now, but would like to be on the outreach list for next semester.
- ☐ No, I am not interested in Student Success Coaching.

Use this space to include any additional feedback especially ways we can improve and make your experience in this workshop better:

APPENDIX A

Career and Major Exploration Worksheet

Exploring careers and majors is a valuable step in understanding the skills, experiences, and knowledge needed for different career paths. While your college major doesn't lock you into one specific job, choosing a major that aligns with your interests is a strong place to begin.

This worksheet is designed to help you explore possible careers and the majors that can support them. As you move through the sections, reflect on your interests, skills, and values. Then, use that self-knowledge to research potential careers that feel like a good fit. Once you've identified a few career ideas, take note of the majors commonly associated with those paths—and look into what courses, internships, or experiences can help you prepare.

Career Path #1:

Estimated Yearly Salary:

In your own words, briefly describe the tasks and responsibilities of someone who works in this career or field:

What interests you about this field? How do you see this lining up with your values, skills, and/or interests?

Suggested Majors:

Chosen Major for Research:

Choose one of the suggested majors that interests you the most and do more research:

Review this major's required and elective courses. What classes do you have to take? (put down the names of each class, rather than the course abbreviation and number. i.e. "The West in the World" not HIST 150.)

Is there space for electives within the major? How many?

Are there any classes outside of the major that you must take? (ex: chemistry courses for healthcare-related majors)

Which classes would you be excited to take?

Which classes would you be nervous to take?

After exploring the department's website, what aspects of this major interest or excite you? Are there any parts that feel less appealing or raise concerns?

On a scale of 1-10, where 10 is the most interested, how interested are you in this major?

Questions for Reflection: What questions do you have about this major? What transferable skills could you gain from this major? What is your main motivation for choosing this major? What opportunities does this major offer (e.g., internships, service learning, student groups)?

Career Path #2:

Estimated Yearly Salary:

In your own words, briefly describe the tasks and responsibilities of someone who works in this career or field:

What interests you about this field? How do you see this lining up with your values, skills, and/or interests?

Suggested Majors:

Chosen Major for Research:

Choose one of the suggested majors that interests you the most and do more research:

Review this major's required and elective courses. What classes do you have to take? (put down the names of each class, rather than the course abbreviation and number. i.e. "The West in the World" not HIST 150.)

Is there space for electives within the major? How many?

Are there any classes outside of the major that you must take? (ex: chemistry courses for healthcare-related majors)

Which classes would you be excited to take?

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After exploring the department's website, what aspects of this major interest or excite you? Are there any parts that feel less appealing or raise concerns?

On a scale of 1-10, where 10 is the most interested, how interested are you in this major?

Questions for Reflection: What questions do you have about this major? What transferable skills could you gain from this major? What is your main motivation for choosing this major? What opportunities does this major offer (e.g., internships, service learning, student groups)?