

## Action and Reflection Items for First-Year Students

### Exploration

**Action:** Use the “What If” function in MyDegrees to explore two other majors that interest you.

**Reflection:** As you go along, ask yourself some questions about your experiences thus far. Am I finding your course of study fulfilling? Am I excited by what is on horizon for this chosen academic pathway for the upcoming years?

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**Reflection:** Take pause now and again and ask yourself questions like:

- If \_\_\_\_\_ is currently my *Plan A* in terms of a major(s), why?
- How does my major fit with my current interests and my skills?

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- What skills might I need to continue to develop to be successful in my major?

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- In the event things change, and I decide my *Plan A* is not the best fit for me, what is my *Plan B* major and why?

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