TABLE OF CONTENTS/CHECKLIST

☐ UNIV 1820 Information Form – Page 3

☐ Course Goals—Round One—Pages 4—5

☐ “How Major is Your Major” Reflection – Page 6

☐ Major Elimination – Page 7

☐ Values Reflection – Page 8

☐ True Colors Reflection – Page 9

☐ Personality Reflection – Page 10

☐ Networking Notes – Page 11

☐ TME Mentor Panel Reflection – Page 12

☐ Course Goals—Round Two – Page 13—14

☐ Rubric – Page 15

NOTE:
Throughout this portfolio packet, you will be required to take notes/share your thoughts in written form. While some space is provided for this, feel free to type/write your notes on separate pieces of paper and attach them to the corresponding section.
UNIV 1820 Information Form

**Due Date:**
To be completed by the second class of the semester.

**Instructions:**
This assignment allows your instructor to collect information that will help guide the direction of this course. It’s essentially an introduction to you and where you’re at! Your completed form will be sent to your instructor.

Visit this link and complete the form: tme.uconn.edu/univ1820/info
Course Goals—Round One

Due date:
To be completed by the second class of the semester.

Instructions:
Please list three specific SMART goals you have for this course.

SMART goals are used to guide your goal setting by creating structure. Each goal has five parts: Specific, Measureable, Achievable, Relevant, and Timely.

- **Specific**: The goal should clearly state what is to be achieved.
- **Measureable**: How will you measure your end result and how you will check-in along the way? Measurability answers the question of quantity—how much, how often, and how many? Setting measurable milestones ensures that you can check-in periodically.
- **Attainable**: You should ensure that the goals you set are achievable and realistic.
- **Relevant**: Why is this goal relevant to you? An understanding of your larger mission/purpose for the short- or long-term may be necessary.
- **Timely**: You must ensure you put a time frame on your goal.

Course Goal #1

Specific:__________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________

Measureable:________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________

Attainable:________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________

Relevant:__________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________

Timely:___________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________
Course Goal #2

Specific:______________________________________________________________________________________________________

______________________________________________________________________________________________________

Measureable:____________________________________________________________________________________________________

______________________________________________________________________________________________________

Attainable:____________________________________________________________________________________________________

______________________________________________________________________________________________________

Relevant:_____________________________________________________________________________________________________

______________________________________________________________________________________________________

Timely:_____________________________________________________________________________________________________

______________________________________________________________________________________________________

Course Goal #3

Specific:______________________________________________________________________________________________________

______________________________________________________________________________________________________

Measureable:____________________________________________________________________________________________________

______________________________________________________________________________________________________

Attainable:____________________________________________________________________________________________________

______________________________________________________________________________________________________

Relevant:_____________________________________________________________________________________________________

______________________________________________________________________________________________________

Timely:_____________________________________________________________________________________________________

______________________________________________________________________________________________________
“How Major is Your Major” Reflection

Due Date:
To be completed before the Portfolio Packet 1 submission.

Instructions:
Please respond to at least three of the supplemental questions below.

- What is my biggest takeaway from this presentation?
- What was most surprising about this presentation?
- Why do you think exploring majors is an important part of College?
- If a friend suggested that your major was the most important part of your resume, how would you respond?
- After the presentation, what next step do you feel you should take?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
Major Elimination

Due Date:
Your most updated results list must be submitted as a print out with “Portfolio Packet 1”.

Instructions:
You will build on this assignment throughout the semester. Beyond the minimum requirements, how much time and effort you dedicate is up to you. Remember: the more you put in, the more you’ll get out of it. Before you hand in your Portfolio Packet 1, be sure to print and attach your MOST UPDATED list of potential majors to the back of this page.

Visit this link and follow the directions listed below:  tme.uconn.edu/explore-majors/eliminate

ELIMINATION PHASE 1

• For every major in which you have no interest, click “Not Interested”.
• If you don’t know what something is, leave it for now.
  • If you don’t know what a particular major is, you don’t know that you don’t want to do it. You will have the opportunity to learn about these majors in Elimination Phase 2.
• Don’t worry about career opportunities...yet.
  • Only think about these majors in terms of what you would be interested in studying. Do not focus on job opportunities at this point in the exercise, as this will be discussed at a later time.
  • For example, DO NOT eliminate English if you are interested in the material but are worried about job opportunities.
• Potential Major vs. Interest/Hobby
  • Not all hobbies/interests need to be potential majors. Try to differentiate between what is a major of interest and what is just a hobby/interest.
  • For example, maybe you’re interested in practicing good nutrition as an interest, but you wouldn’t necessarily want to major in it.
• Majors you have eliminated will collect at the bottom of the page. You can unclick the “Not Interested” box at any time to add a major back to the list of possibilities.
• You can sort the list of majors by school/college, Major Exploration Group, or alphabetical order.
• You can save your progress at any time by filling out the form on the right side of the page. You will be emailed a link that will allow you to pick up right where you left off.
• Once you have gone through every major, save your list. You have completed Phase 1.

ELIMINATION PHASE 2: To be completed continuously

• Return to your saved list of majors by using the link sent to your email during Elimination Phase 1.
• Click on the title of every major you DID NOT eliminate to view its Major Profile. Each profile includes best intro courses, career opportunities, related majors, TME Student Mentors, and more.
• As you do this, you may be able to eliminate more majors from your list.
Values Reflection

Due Date:
To be completed before the Portfolio Packet 1 submission.

Instructions:
Please list the top ten values you picked in class, and then respond to at least three supplemental questions below.

My Top 10 Values
1. ________________________________
2. ________________________________
3. ________________________________
4. ________________________________
5. ________________________________
6. ________________________________
7. ________________________________
8. ________________________________
9. ________________________________
10. ________________________________

Values Supplemental Questions
• What was most challenging about the activity?
• What was your biggest takeaway from the activity?
• Upon reflection, do you agree with the top value you listed in class? How about your top ten? Why or why not?
• In what ways can your values impact your choice of major? How about career choice?
• How do you personally think your values impact your decision-making?
• How do you see your values reflected in the goals you set for this course?

_________________________________________________________________________
_________________________________________________________________________
_________________________________________________________________________
_________________________________________________________________________
_________________________________________________________________________
_________________________________________________________________________
_________________________________________________________________________
_________________________________________________________________________
True Colors Reflection

Due Date:
To be completed before the Portfolio Packet 1 submission.

Instructions:
Please fill-in your color spectrum, and respond to at least three of the supplemental questions below.

My Color Spectrum
1. ______________________________________________
2. ______________________________________________
3. ______________________________________________
4. ______________________________________________

True Colors Supplemental Questions
- What did you learn about yourself after completing the assessment?
- In what ways did you see your primary category reflected in the activity?
- What did you find most challenging? Why?
- Give an example of when or how you have had to use a skill or talent from your lowest ranked category—what did you learn from this?
- What is one theme you noticed that appeared in both your “True Colors” and “Values” activities?
- Do you see your results from the “True Colors” assessment reflected in your course goals? Why or why not?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
Personal Reflection

Due Date:
To be completed before the Portfolio Packet 1 submission.

Instructions:
Please fill-in your Personality Score, and respond to at least three of the supplemental questions below

My Personality Score

________ ______ ______ ______

Personality Supplemental Questions

• What did you learn about yourself after completing this activity?
• What surprised you the most?
• Why may it be important to understand your primary personality characteristics, as well as your blind spots?
• How are your other strengths/preferences you’ve discovered represented in your personality assessment? What about your blind spots?
• How will you utilize this information to inform your major/career search?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
TME Mentor Panel Reflection

Due Date:
To be completed before the Portfolio Packet 1 submission.

Instructions:
Please respond to at least three of the supplemental questions below.

- What is the biggest takeaway you had after attending the panel?
- What surprised you the most?
- Whose story or pathway did you connect most with?
- What is one theme you saw represented across the panel?
- Describe how one of the topics/themes we’ve already discussed in this class (i.e. TME Resources, Personality, Values, Networking) has assisted a panelists’ decision-making process.
Course Goals—Round Two

Due Date:
To be completed before you attend your Individual Meeting and hand-in “Portfolio Packet 1”

Instructions:
Reflect back on each goal you set in “Course Goals—Round One” at the beginning of the semester, and consider your experiences in this course so far. If you need to rewrite a goal, or would like to add a new goal, please complete the supplemental questions on the following page.

Course Goal #1
What progress have you made on this goal?
________________________________________________________________________
________________________________________________________________________
What do you need to do to continue to make progress on this goal?
________________________________________________________________________
________________________________________________________________________

Course Goal #2
What progress have you made on this goal?
________________________________________________________________________
________________________________________________________________________
What do you need to do to continue to make progress on this goal?
________________________________________________________________________
________________________________________________________________________

Course Goal #3
What progress have you made on this goal?
________________________________________________________________________
________________________________________________________________________
What do you need to do to continue to make progress on this goal?
________________________________________________________________________
________________________________________________________________________
Goal Setting Supplemental Questions
*If applicable, please also respond to the questions below:*

- Rewrite or adjust goals you have already made
- Add an additional SMART goal for this course

_________________________________________________________________________

_________________________________________________________________________

_________________________________________________________________________

_________________________________________________________________________

_________________________________________________________________________

_________________________________________________________________________

_________________________________________________________________________

_________________________________________________________________________

_________________________________________________________________________
<table>
<thead>
<tr>
<th></th>
<th>Meets Expectations</th>
<th>Needs Improvement</th>
<th>Did Not Meet Expectations</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Information Form</strong></td>
<td>1 pt</td>
<td>N/A</td>
<td>0 pts</td>
</tr>
<tr>
<td></td>
<td>Form was completed</td>
<td></td>
<td>Form was not completed</td>
</tr>
<tr>
<td></td>
<td>on time.</td>
<td></td>
<td>on time.</td>
</tr>
<tr>
<td><strong>Course Goals—Round 1</strong></td>
<td>3 pts</td>
<td>2 pts</td>
<td>0-1 pts</td>
</tr>
<tr>
<td></td>
<td>Goals were specific</td>
<td>Goals were broad</td>
<td>Goals were not class-</td>
</tr>
<tr>
<td></td>
<td>and class-based.</td>
<td>but class-based.</td>
<td>based or not completed.</td>
</tr>
<tr>
<td><strong>How Major is Your Major?</strong></td>
<td>3 pts</td>
<td>2 pts</td>
<td>0-1 pts</td>
</tr>
<tr>
<td></td>
<td>Responses were</td>
<td>Responses were</td>
<td>Responses were not</td>
</tr>
<tr>
<td></td>
<td>thoughtful and</td>
<td>completed but could</td>
<td>completed, or incomplete.</td>
</tr>
<tr>
<td></td>
<td>reflective.</td>
<td>could provide a</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>more in-depth</td>
<td></td>
</tr>
<tr>
<td><strong>Major Elimination</strong></td>
<td>2 pts</td>
<td>N/A</td>
<td>0 pts</td>
</tr>
<tr>
<td></td>
<td>Most updated list</td>
<td></td>
<td>Most updated list was</td>
</tr>
<tr>
<td></td>
<td>was printed and</td>
<td></td>
<td>not printed and attached.</td>
</tr>
<tr>
<td></td>
<td>attached.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Values Reflection</strong></td>
<td>3 pts</td>
<td>2 pts</td>
<td>0-1 pts</td>
</tr>
<tr>
<td></td>
<td>Responses were</td>
<td>Responses were</td>
<td>Responses were not</td>
</tr>
<tr>
<td></td>
<td>thoughtful and</td>
<td>completed but could</td>
<td>completed, or incomplete.</td>
</tr>
<tr>
<td></td>
<td>reflective.</td>
<td>could provide a</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>more in-depth</td>
<td></td>
</tr>
<tr>
<td><strong>True Colors Reflection</strong></td>
<td>3 pts</td>
<td>2 pts</td>
<td>0-1 pts</td>
</tr>
<tr>
<td></td>
<td>Responses were</td>
<td>Responses were</td>
<td>Responses were not</td>
</tr>
<tr>
<td></td>
<td>thoughtful and</td>
<td>completed but could</td>
<td>completed, or incomplete.</td>
</tr>
<tr>
<td></td>
<td>reflective.</td>
<td>could provide a</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>more in-depth</td>
<td></td>
</tr>
<tr>
<td><strong>Personality Reflection</strong></td>
<td>3 pts</td>
<td>2 pts</td>
<td>0-1 pts</td>
</tr>
<tr>
<td></td>
<td>Responses were</td>
<td>Responses were</td>
<td>Responses were not</td>
</tr>
<tr>
<td></td>
<td>thoughtful and</td>
<td>completed but could</td>
<td>completed, or incomplete.</td>
</tr>
<tr>
<td></td>
<td>reflective.</td>
<td>could provide a</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>more in-depth</td>
<td></td>
</tr>
<tr>
<td><strong>TME Mentor Panel Reflection</strong></td>
<td>3 pts</td>
<td>2 pts</td>
<td>0-1 pts</td>
</tr>
<tr>
<td></td>
<td>Responses were</td>
<td>Responses were</td>
<td>Responses were not</td>
</tr>
<tr>
<td></td>
<td>thoughtful and</td>
<td>completed but could</td>
<td>completed, or incomplete.</td>
</tr>
<tr>
<td></td>
<td>reflective.</td>
<td>could provide a</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>more in-depth</td>
<td></td>
</tr>
<tr>
<td><strong>Course Goals—Round 2</strong></td>
<td>3 pts</td>
<td>2 pts</td>
<td>0 pts</td>
</tr>
<tr>
<td></td>
<td>Progress update</td>
<td>Progress update</td>
<td>Progress update and goal</td>
</tr>
<tr>
<td></td>
<td>and goal reflection was complete.</td>
<td>and goal reflection was incomplete.</td>
<td>reflection was not completed.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Total: ____ / 24**