MAKING MAJOR DECISIONS

UNIV 1820 – Spring 2020

TABLE OF CONTENTS/CHECKLIST

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: **S**pecific, **M**easureable, **A**chievable, **R**elevant, and **T**imely.

- **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 measureable 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:_____

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Timely:_____

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Course Goal #2

Specific:_____

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Measureable:_____

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Attainable:_____

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Relevant:_____

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Timely:_____

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Course Goal #3

Specific:_____

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Measureable:_____

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Attainable:_____

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Relevant:_____

_____

Timely:_____

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"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?

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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

ELIMINTATION 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 <u>what you would be interested in studying</u>. 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?

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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?

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Personality 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?

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Networking Notes

Notes

If helpful, please use this space to take notes

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TME Mentor Panel Reflection

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

Instructions:
Please respond to **<u>at least three</u>** 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.

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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?

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What do you need to do to continue to make progress on this goal?

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Course Goal #2
What progress have you made on this goal?

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What do you need to do to continue to make progress on this goal?

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Course Goal #3
What progress have you made on this goal?

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_____

What do you need to do to continue to make progress on this goal?

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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

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UNIV 1820: Making Major Decisions
Portfolio Packet 1 Rubric

	Meets Expectations	Needs Improvement	Did Not Meet Expectations
Information Form	1 pt Form was completed on time.	N/A	0 pts Form was not completed on time.
Course Goals—Round 1	3 pts Goals were specific and class-based.	2 pts Goals were broad but class-based.	0-1 pts Goals were not class-based or not completed.
How Major is Your Major?	3 pts Responses were thoughtful and reflective.	2 pts Responses were completed but could provide a more in-depth reflection.	0-1 pts Responses were not completed, or incomplete.
Major Elimination	2 pts Most updated list was printed and attached.	N/A	0 pts Most updated list was not printed and attached.
Values Reflection	3 pts Responses were thoughtful and reflective.	2 pts Responses were completed but could provide a more in-depth reflection.	0-1 pts Responses were not completed, or incomplete.
True Colors Reflection	3 pts Responses were thoughtful and reflective.	2 pts Responses were completed but could provide a more in-depth reflection.	0-1 pts Responses were not completed, or incomplete.
Personality Reflection	3 pts Responses were thoughtful and reflective.	2 pts Responses were completed but could provide a more in-depth reflection.	0-1 pts Responses were not completed, or incomplete.
TME Mentor Panel Reflection	3 pts Responses were thoughtful and reflective.	2 pts Responses were complete but could provide a more in-depth reflection.	0-1 pts Responses were not completed, or incomplete.
Course Goals—Round 2	3 pts Progress update and goal reflection was complete.	2 pts Progress update and goal reflection was incomplete.	0 pts Progress update and goal reflection were not completed.
			Total: ___ / 24