

Your college and career compass



The four areas below are designed to help you consider what you might want your college and career experience to be. In the four quadrants below, check the words that best describe what you see as your skills and abilities, majors that you are curious about (choose at least three even if you think that you have already decided), issues that you care about, and values. *Do these key skills, interests, and values accurately reflect your ideas about yourself and your future?*

Skills and abilities

What are your strengths?

- | | |
|---|---|
| <input type="checkbox"/> Problem solving | <input type="checkbox"/> Leadership |
| <input type="checkbox"/> Attention to detail | <input type="checkbox"/> Encouraging others |
| <input type="checkbox"/> Building relationships | <input type="checkbox"/> Creating |
| <input type="checkbox"/> Counseling/advising | <input type="checkbox"/> Editing |
| <input type="checkbox"/> Training/coaching | <input type="checkbox"/> Design |
| <input type="checkbox"/> Communication | <input type="checkbox"/> Organizing |
| <input type="checkbox"/> Resolving conflict | <input type="checkbox"/> Teaching |
| <input type="checkbox"/> Motivating others | <input type="checkbox"/> Languages |
| <input type="checkbox"/> Event planning | <input type="checkbox"/> Writing |
| <input type="checkbox"/> Customer service | <input type="checkbox"/> Coding |
| <input type="checkbox"/> Building things | <input type="checkbox"/> Music |
| <input type="checkbox"/> Data analysis | <input type="checkbox"/> Art |
| <input type="checkbox"/> Public speaking | <input type="checkbox"/> Athletics |

Issues

Where do you want to have an impact?

- | | |
|---|---|
| <input type="checkbox"/> Environment | <input type="checkbox"/> Economic justice |
| <input type="checkbox"/> Medicine | <input type="checkbox"/> Arts |
| <input type="checkbox"/> Athletics | <input type="checkbox"/> LGBTQ+ rights |
| <input type="checkbox"/> Clean energy | <input type="checkbox"/> Civil rights |
| <input type="checkbox"/> Mental health | <input type="checkbox"/> Addiction |
| <input type="checkbox"/> Diversity, equity, and inclusion | <input type="checkbox"/> Animals Children |
| <input type="checkbox"/> Health care | <input type="checkbox"/> Adults |
| <input type="checkbox"/> Technology | <input type="checkbox"/> Older adults |
| <input type="checkbox"/> Sustainability | <input type="checkbox"/> Promoting healthy living |
| <input type="checkbox"/> Nature | <input type="checkbox"/> Criminal justice |
| <input type="checkbox"/> Poverty | <input type="checkbox"/> Theater/film |
| <input type="checkbox"/> Education | <input type="checkbox"/> Religion/faith |
| <input type="checkbox"/> Reproductive rights | <input type="checkbox"/> Economics |
| <input type="checkbox"/> Democracy | <input type="checkbox"/> Public policy |
| | <input type="checkbox"/> Student debt |

Programs

Check three of interest. Star two that you're curious about.

- | | |
|--|---|
| <input type="checkbox"/> African, African American, Diaspora Studies | <input type="checkbox"/> Italian |
| <input type="checkbox"/> Anthropology | <input type="checkbox"/> Latin |
| <input type="checkbox"/> Ancient Studies | <input type="checkbox"/> Russian |
| <input type="checkbox"/> Bioinformatics | <input type="checkbox"/> Hispanic Studies |
| <input type="checkbox"/> Biology | <input type="checkbox"/> History |
| <input type="checkbox"/> Business and Management | <input type="checkbox"/> History of Art |
| <input type="checkbox"/> Chemistry | <input type="checkbox"/> International Relations |
| <input type="checkbox"/> Classics | <input type="checkbox"/> Marketing |
| <input type="checkbox"/> Computer Science | <input type="checkbox"/> Math |
| <input type="checkbox"/> Creative Writing | <input type="checkbox"/> Music |
| <input type="checkbox"/> Criminal Justice | <input type="checkbox"/> Neuroscience |
| <input type="checkbox"/> Dance | <input type="checkbox"/> Nursing |
| <input type="checkbox"/> Design | <input type="checkbox"/> Philosophy |
| <input type="checkbox"/> Digital Communications | <input type="checkbox"/> Physics |
| <input type="checkbox"/> Economics | <input type="checkbox"/> Political Science |
| <input type="checkbox"/> Education | <input type="checkbox"/> Psychology |
| <input type="checkbox"/> English | <input type="checkbox"/> Public Health |
| <input type="checkbox"/> Environmental Science | <input type="checkbox"/> Religion |
| <input type="checkbox"/> Film and New Media Studies | <input type="checkbox"/> Sociology |
| <input type="checkbox"/> French | <input type="checkbox"/> Theatre |
| <input type="checkbox"/> German | <input type="checkbox"/> Visual Art |
| <input type="checkbox"/> Greek | <input type="checkbox"/> Women's and Gender Studies |

Values

What do you care about most?

- | | |
|--|---|
| <input type="checkbox"/> Authenticity | <input type="checkbox"/> Honesty |
| <input type="checkbox"/> Achievement | <input type="checkbox"/> Humor |
| <input type="checkbox"/> Beauty | <input type="checkbox"/> Independence |
| <input type="checkbox"/> Belonging | <input type="checkbox"/> Influence |
| <input type="checkbox"/> Compassion | <input type="checkbox"/> Intelligence |
| <input type="checkbox"/> Community | <input type="checkbox"/> Kindness |
| <input type="checkbox"/> Concern for Environment | <input type="checkbox"/> Integrity |
| <input type="checkbox"/> Concern for Others | <input type="checkbox"/> Meaningful work |
| <input type="checkbox"/> Creativity | <input type="checkbox"/> Respect |
| <input type="checkbox"/> Curiosity | <input type="checkbox"/> Responsibility |
| <input type="checkbox"/> Determination | <input type="checkbox"/> Scientific understanding |
| <input type="checkbox"/> Fairness | <input type="checkbox"/> Security |
| <input type="checkbox"/> Family | <input type="checkbox"/> Service |
| <input type="checkbox"/> Friendship | <input type="checkbox"/> Social justice |
| <input type="checkbox"/> Growth | <input type="checkbox"/> Success |
| <input type="checkbox"/> Happiness | <input type="checkbox"/> Wealth |
| <input type="checkbox"/> Health | <input type="checkbox"/> Wisdom |

Reference for graphic: Graphic based on work by Marc Hunsaker (2022) and the Stanford Life Design Lab