

Exploring Majors Decision-Making Reflection Worksheet

Part 1 – Understanding My Decision Style

When I think about choosing a major, I usually feel:

- Excited
- Overwhelmed
- Afraid of choosing wrong
- Pressured by time
- Pressured by others
- Unsure where to start
- Other: _____

The hardest part of choosing a major is:

Part 2 – Naming the Fear

Many students feel stuck because of hidden worries.

Which thoughts sound familiar?

(Check any that apply.)

- “What if I choose wrong?”
- “I need to be 100% sure first.”
- “This decision will determine my whole future.”
- “Other people seem more certain than me.”
- “I don’t trust myself to decide.”
- Other: _____

If I *did* choose the wrong major, the worst thing that might happen is:

Something realistic that would still be true even if I changed majors later:

Part 3 – What Actually Matters to Me

Instead of finding the *perfect* major, focus on **what you want your life to include.**

Circle the 5 values most important to you:

Helping others

Creativity

Stability

High income

Flexibility

Leadership

Working with people

Working independently

Problem solving

Making a difference

Learning new things

Work-life balance

Adventure

Security

Recognition

Other: _____

Of the five you chose, which ONE matters most right now? Why?

Part 4 – Narrowing My Options

List 2–3 majors you are considering:

For each major, rate how well it fits your **top value** (1 = not at all, 5 = very well).

Major	Fit with My Top Value (1–5)
_____	1 2 3 4 5
_____	1 2 3 4 5
_____	1 2 3 4 5

Which option currently feels like the *best next step* (not a forever choice)?

Part 5 – Practicing Decision-Making

Good decision-makers don't wait for certainty—they choose a **next step**.

One small action I can take this week:

- Meet with an advisor
- Talk to a professor or student in the major
- Look at degree requirements
- Attend a career event
- Try a related class or activity
- Other: _____

My specific action + date:

Part 6 – Encouragement for the Process

Write one message you would give a friend in your situation:

Now write that message to yourself:
