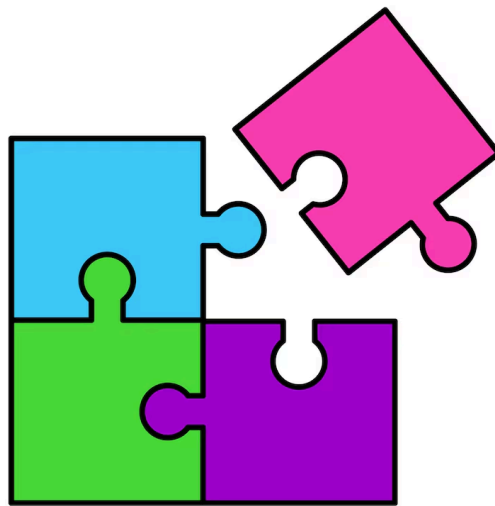


Puzzled?

A Workbook for the
Undecided Student



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Introduction

When you were 5 years old, it was probably easy to answer the question “what do you want to be when you grow up?” What was your answer? Teacher? Doctor? Firefighter? As children we felt like we could do anything and oftentimes our ideas about our future changed daily. As adults the question becomes more complex. You may suddenly find yourself asking... Who am I? What do I enjoy?

The goal of this workbook is to help you identify three areas of interest that fit your unique qualities. To assist you, this workbook contains many different assessments. You will learn more about your personality, your interests, your work values, and your skills. As you progress through this workbook, it will be important for you to write down your ideas or thoughts as they come to you as well as the information gleaned from each assessment you complete.

A key factor in this ‘work’ involves meeting with a career counselor or advisor. Talking over your results will help you to find commonalities between some of the areas you’ve identified as interests, skills, or values which will lead you to translate your ideas to specific majors or careers.

You are Not Alone

If most of your friends are happily completing a degree program, you may feel like you’re the only one who is puzzled about your direction in college. Please know that you are not alone. UMF students like Erin, Chad, and Megan also felt undecided when they started college. They felt pressured by themselves and others to ‘hurry up and choose something.’ They tried several directions; some of their choices helped them to decide NOT to go in a particular direction and other choices confirmed their choice of a college major. Here are the stories of their college journeys.

Erin:

Hi, my name is Erin and just like you I started out undecided. I’m what you call a first generation college student, which means that my parents did not attend college. Prior to coming to this campus I hadn’t had any experience with a career counselor. College was a very scary step for me. During my last few years of high school I would be asked time and time again what I was planning on majoring in when I went to college. I had no answer. The amount of stress going into my freshman year at Farmington was almost unbearable. I felt like a failure. So what do you do if you have no idea? Upon entering my first semester I was in search of something/anything that would be a possible major. I was at the point where I was just looking to choose something – Just so I could have an answer to the question. What I didn’t understand was that coming into college as a freshman you have plenty of time to find out what you’re good at or what might interest you. I also discovered that it’s OK to be undecided. I finally found something that I loved after two and a half years of searching. I am now a senior in the Psychology program and am happier now with my chosen path and am grateful that I was undecided for the first two years of my college experience. Not only did I learn what I was good at and what I want my profession to be for the rest of my life, but I have also found out about myself, which to me is just as important.

Chad:

Hi, my name is Chad. When I applied to UMF as a senior in high school, I wasn't sure what I wanted to do. I enjoyed History in high school and thought it would be cool to be a History teacher. I was accepted into the Secondary Social Science major at UMF. Just after starting school in the fall, I realized that teaching wasn't for me. On the advice of my advisor, I changed my major to Integrative Studies for undecided students. During the spring semester, I enrolled into a class called Global Transformations, a Geography class. This was very different from what I thought geography was about! We were learning about climate change, social movement, and job outsourcing among other topics. I decided that I wanted to know more about Geography. I met with Stephen Davis, a Career Counselor, and we talked about the kinds of careers related to Geography. At the end of my first year at UMF, I changed my major to Geography with an interest in learning more about GIS systems.

Megan:

My name is Megan and once upon a time I was an undecided student. During my senior year of high school I applied to schools thinking I wanted to major in theatre arts. I was accepted to UMF and all set to start as a theatre major. However, over the summer I decided that while I loved theatre, it wasn't exactly what I wanted to major in. I called UMF and switched my major to undecided. I went through my first year taking all sorts of classes and trying out all the different majors. It wasn't until after I took a few health classes in the spring semester that I decided I wanted to major in nursing. I transferred to an out-of-state university in the fall of my sophomore year and began taking nursing courses. I soon came to the realization that that particular university was not right for me and I transferred back to UMF in the spring. Two and a half years and four majors later, I have finally declared a major in community health education. I hope to finish my nursing degree after I graduate from UMF.

How to use this workbook

There are four assessments in this workbook:

- (1) *What's Your Type* is a personality assessment;
- (2) *Interest Profiler* assesses your interests;
- (3) *What are Your Work Values* gives insights on what you value in a job; and
- (4) *Skills Matcher* helps you to determine your strengths.

Complete each assessment as thoroughly as you can. We've given an estimate of the time it will take you to do each assessment. Once you have finished, take a few minutes and write down what you've learned in each section.

What is Your Personality Type?

Your first assessment is called the Typefinder Personality Test. This will take you about 10 minutes to complete.

Determining your personality type is an important part of learning more about yourself. Research has shown that people with similar personality types tend to work in certain fields.



Go to www.truity.com/test/type-finder-personality-test-new and take the Typefinder Personality Test

Once you complete this assessment, you will receive a four-letter code. The code will be an acronym to your unique personality type, made up of four of the following letters:

E = Extraversion

N = Intuition

F = Feeling

J = Judging

I = Introversion

S = Sensing

T = Thinking

P = Perceiving

My code/type is ____ ____ ____ ____

Now that you have your code, go to www.personalitypage.com/careers.html (Common Careers for the 16 Types) and learn more about your personality type.

What have you learned about yourself?

Traits:

Possible Career Paths:

What are Your Interests?

The next assessment is called the O*Net Interest Profiler. This free online test assesses your interests. This test will take you approximately 10 minutes to complete.



Go to <https://www.mynextmove.org/explore/ip> and follow the directions to take the assessment.

I rated highly in the following areas:

What are Your Work Values?

Your next assessment gathers information about your work values. This questionnaire will help you to figure out what is important to you in a career – Is it money? self expression? security? This test will take approximately 10-15 minutes to complete.



Go to <https://www.123test.com/work-values-test/> and click To The Test.

Write down the top 5 values you rated as important. Was there something that surprised you about this assessment?

What are Your Skills?

The final assessment is called a Skills Matcher. This assessment will help you to find your strengths and match them to a job that utilizes those skills. This test will take approximately 15 minutes to complete.



Go to www.careerinfonet.org/acinet/skills/default.aspx. Scroll down and click the *Skills Matcher*.

Skills Matcher will provide you with a list of careers that fit you and your skill set (from highest to lowest). Choose 5 or more careers of interest to you from this list.

What did you learn about yourself from this assessment? Did anything surprise you?

Putting the Puzzle Together

From what you've learned so far, fill in the blanks below.

Personality type

Interest Profiler

Values

Skills

Make an appointment with a career counselor or advisor to review this information. Some good questions to ask might be: Can you help me find similarities in these areas? How can I integrate these areas into a career? An advisor or counselor may be able to find similarities that you hadn't thought of!

Next Steps

From the information you've gained and by meeting with a career counselor or advisor, write down your top five occupations or areas of interest.

My top five:

Next, go to the [Occupational Outlook Handbook](#) and research your top five areas. This site will give you information about different careers, including the nature of the work, job outlook, earnings, etc.

My Top Three

From the information you've gathered about yourself and the research you've done, choose your top 3 choices.

For each area you've chosen, determine what kind of education, certification, or experience is required for each of these choices using the Occupational Outlook Handbook. For example:

I'll need a Bachelor's degree/experience/certification in Public Health in order to pursue the field of Health Administration

I'll need a _____ degree/experience/certification in _____ in order to pursue the field of _____.

I'll need a _____ degree/experience/certification in _____ in order to pursue the field of _____.

I'll need a _____ degree/experience/certification in _____ in order to pursue the field of _____.

Does UMF offer any of degree programs mentioned above? Consult [UMF's catalog](#) to view all degree programs offered (choose the current catalog and then click Academic Programs). If the major you want to pursue is not offered, you might consider creating a Self Designed major.

More Assessments

Here are additional ways that you can learn more about yourself.

1. What made you happiest when you were a child? Often the activities that were fun for us as a child are still enjoyable. Write about yourself when you were a young child. What was your favorite activity or hobbies? What did you want to be when you grew up? Does any of this information relate to what you've learned about yourself from the previous assessments?

2. The Cross-Out Assessment

This is an exercise to find out what you do NOT want to study. Sometimes it is easier to decide what you don't want to do than to describe what you do want to do. In the list below, cross off everything that does not interest you. Ask your career counselor or advisor to help you find common threads among the areas that you did not cross out.

- | | |
|---|-------------------------------|
| ● Accounting/Finance | ● Journalism |
| ● Anthropology | ● Languages: |
| ● Architecture | ○ French |
| ● Art | ○ German |
| ● Art History | ○ Russian |
| ● Athletic Training/Sports Medicine | ○ Spanish |
| ● Biology | ● Library Science |
| ● Business | ● Linguistics |
| ● Chemistry | ● Mathematics |
| ● Communication | ● Music |
| ● Community Health Education | ● Nursing |
| ● Computer Science | ● Occupational Therapy |
| ● Counseling | ● Paralegal/Legal Assistant |
| ● Creative Writing | ● Parks, Recreation & Fitness |
| ● Criminal Justice | ● Philosophy |
| ● Early Childhood Education/Child Development | ● Photography |
| ● Economics | ● Physical Therapy |
| ● Education | ● Physics |
| ○ Elementary | ● Political Science |
| ○ Secondary | ● Pre-Law |
| ● Engineering | ● Pre-Medicine |
| ● English | ● Pre-Veterinarian |
| ● Environmental Planning and Policy | ● Psychology |
| ● Environmental Science | ● Real Estate |
| ● Food Science and Human Nutrition | ● Rehabilitation |
| ● Forestry | ● Religion |