**Who Am I?**

Complete the sections to create a picture of you at this time.

Intentionally think about who you are (e.g., values, interests, skills) and connect this deeper self-understanding with your educational and life goals.

|  |  |
| --- | --- |
| **My interests include:** | **My skills and talents include:** |
| **Values that are important to me/that guide me:** | **Ways I use my talents:** |
| **Classes and/or areas of study I enjoy most:** | **Things I’m very curious about/want to learn more about:** |
| **Things I like to participate in include:** | **Things I get paid to do:** |
| **Things I dream about doing/accomplishing:** | **Ways I serve/volunteer my time:** |
| **My strongest character qualities (integrity, honesty, generosity, etc.):** | **During my free time I enjoy:** |

**After responding to each section:**

 Prioritize the things (boxes or items within each box) that matter the most.

 Examine the chart. Are there themes/patterns or topics that reoccur throughout the chart?

 Reflecting on the connection between who you are and majors, careers, and life goals.

What is missing?

What could be changed or eliminated?

 Discuss your “Who Am I?” worksheet with others including advisors, faculty, Career Coaches, and

other mentors.