



How to Choose a College Major

Activity: Passion and Purpose Exploration

Lesson Objective: The objective of the "Passion and Purpose Exploration" activity is to help students identify their core passions or interests and explore how these passions can be linked to meaningful and purposeful career choices. Through self-reflection, discussion, and writing, students will gain insight into the potential connections between their personal interests and future career paths, empowering them to make informed decisions about their academic and professional journey.

Instructions:

- 1. Passion Identification:** Ask the students to take a few minutes to write down their top three personal passions or interests. These can be hobbies, activities, or subjects they genuinely enjoy.
- 2. Purposeful Career Reflection:** Next, encourage them to think about how these passions could translate into a fulfilling career. Have them consider questions like:
 - "How can I use my passion for *[insert passion]* to make a positive impact on society or my community?"
 - "Are there professions or career paths that align with this passion?"
 - "What skills or expertise might I need to turn this passion into a career?"
- 3. Sharing and Discussion:** Divide the students into small groups or pairs to share their passions and potential career ideas. Encourage open discussions about the feasibility of their ideas and the alignment of passions with career goals.
- 4. Reflective Writing:** Finally, ask each student to write a short reflection on their findings. They should discuss:
 - Which passion they are most excited about pursuing as a potential career.
 - How they envision this passion contributing to a meaningful and purposeful career.
 - Any challenges or concerns they foresee in pursuing this path.