



Day 1 - Getting to Know Yourself

1. The significance of self-reflection
2. Prioritizing values and long-term goals
3. Aligning interests and goals for a purposeful career
4. Understanding college and career priorities
5. The role of majors in academic journeys and future careers

Why does this matter?

Choosing a path that aligns with your goals and long-term vision increases your likelihood of staying the course and achieving your educational or training goals. When your decisions resonate with your aspirations, it minimizes personal friction and reinforces your confidence in the choices you make.

Day 2 - Getting to Know the College/University and Major

1. The Basics - What is a major and why is it important
2. How to narrow down all the options and find the college/major combination that is right for you
3. There is a major out there for everyone and anyone (even fun and weird options)
4. The importance of college tours in the decision process
5. Knowing which questions to ask before you make your final decision

Why does this matter?

Understanding the college or university that best fits your unique preferences and aspirations is crucial because it ensures you embark on an educational journey that resonates with your goals and long-term vision. When your choice aligns with your values and expectations from a learning institution, it minimizes personal friction, fosters a sense of belonging, and strengthens your confidence in the academic path you're about to undertake.