



▪WORKSHEET▪

**1<sup>ST</sup> ADVISING MEETING:  
EXPLORE YOUR INTERESTS**

*Complete this worksheet before your 1<sup>st</sup> Advising Meeting. Consider your goals and aspirations for college and beyond. Reflect on your past academic experiences as well.*

1. List three adjectives that describe you as an individual:

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2. List three adjectives that describe you as a student:

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3. When you were a child, what did you dream of being when you grew up?

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4. List three jobs you can imagine yourself in after college:

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5. Do you have a role model? If so, who? Why are they a good role model?

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6. List one of your academic strengths and one of your academic weaknesses:  
Strength: \_\_\_\_\_ Weakness: \_\_\_\_\_

7. Describe two skills you would like to gain from college (i.e., leadership, persuasion, organization, public speaking):

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8. What was your *least* favorite subject in high school? \_\_\_\_\_

What was your favorite subject in high school? \_\_\_\_\_

Would you like to continue studying this subject in college? \_\_\_\_\_

9. What is one *new* area of study you would like to explore in college? \_\_\_\_\_

10. What do you like to do outside of school? What are your hobbies?

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11. Review your answers to questions 1-10.

In the space below, list at least 3 academic areas you would like to take courses in.

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12. Have you taken any AP/College level courses in High School? If so, please list them:

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### **First Year Seminars**

*Choose 3 courses according to the seminar descriptions and availability. List the courses in preference order. Please note: If you are in the Honors College, Levermore Global Scholars, Adelphi Plus, or Living Learning Community, you will be choosing seminars related to your program.*

1. 0952-110-\_\_\_\_\_ Title: \_\_\_\_\_

2. 0952-110-\_\_\_\_\_ Title: \_\_\_\_\_

3. 0952-110-\_\_\_\_\_ Title: \_\_\_\_\_