Complete this worksheet before your 1st 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:

   ______________________  ______________________  ______________________

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

   ______________________  ______________________  ______________________

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

   _____________________________________________________________________

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

   ______________________  ______________________  ______________________

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

   _____________________________________________________________________
   _____________________________________________________________________
   _____________________________________________________________________

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):

__________________________________________________________________________________________________________________

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?

__________________________________________________________________________________________________________________

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.

_________________________________________  ___________________________________________  ___________________________________________

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: ____________________________________________________________________________

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