## What Subjects Do You Enjoy?

Take a moment to reflect upon those subjects that you have completed both in high school, and in college up to this point, or the courses in which you are currently enrolled. Think about which courses and subjects you really enjoyed taking and those in which you found an interest. List those subjects/courses in the left hand column below.

**Subjects/Courses you enjoyed or found an interest in: Ability (1-10)**

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What was it about those courses that you enjoyed or liked?

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Next, think about how strong you would rate your abilities in those subject areas from 1-10 (10 being the highest) in the column at the right above. Are there any subjects or courses in which you need to improve upon your skills and abilities in order to be successful? Are there others in which you excel?

And, on the flip side, list below those subjects/courses in which you were bored, frustrated, confused, and/or did not like.

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What was it about those courses that you did not enjoy or did not like?

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**Possible exploration follow-up task:**

Try going to the Hill and go to the area where all the textbooks are stored. Find the section of the room where some of the majors you have some interest in are located and begin filing through the books required for the courses for that major. How much of the material seems to be interesting to you. Warning, not all you read about for a major will sound great, so look for the majors where you would be willing to sit through the not-so-great parts so that you could pursue a major in the parts you have found really enjoyable and interesting.

What majors do you plan to check into at the Hill? List those below:

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After checking into those majors above, which ones still sound interesting and why are they still of interest?

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