



Step 1: Assess

Before you begin gathering information about the many academic programs available at Bentley, spend some time to reflect on who you are as an individual.

Consider the following:

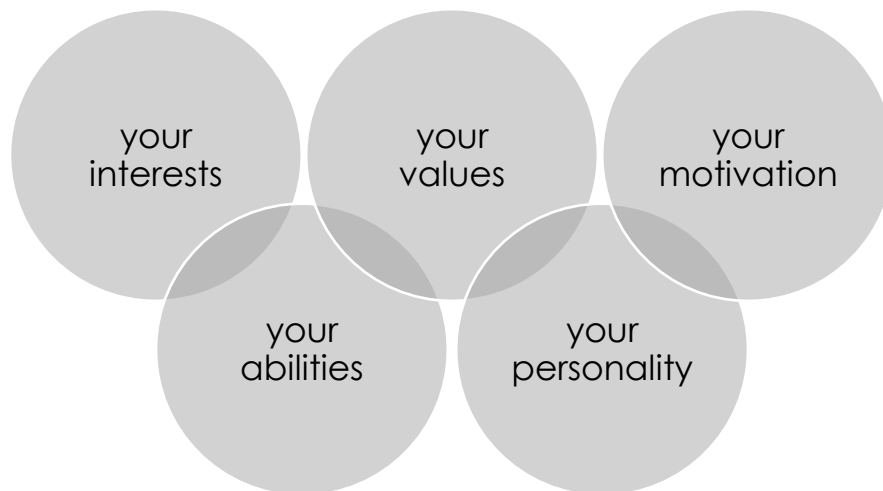
Interests: a curiosity, something that you consistently enjoy

Values: basic and fundamental beliefs that guide or motivate attitudes or actions

Motivation: the general desire or willingness of someone to do something

Abilities: talent, skill, or proficiency in a particular area

Personality: your combination of characteristics or qualities



In each of the circles, note at least 2-3 items in that category. (If you have completed the StrengthsFinder or Strong Interest Inventory* in CDI 101/201, that information may be particularly helpful here.) Is there a commonality among your notes?

*If you have not completed the Strong Interest Inventory and would like to explore that option, please contact Kristine Vidic, Kvidic@bentley.edu, in the Career Development Center.



In addition, [reflect upon your prior Bentley coursework](#). Consider all courses you have completed across all disciplines...

Courses You've Enjoyed the Most	What Did You Enjoy About the Course?
Example: EC 111	Example: <i>I enjoyed learning about the fundamental economic principles and tools.</i>

[Circle the common themes in the column to the right.](#)

Take some time to [think about your interests](#) by using the prompts below.

1. List your favorite hobbies.
2. What is the content of your last five social media posts?
3. If you had a Saturday without anything you needed to do, how would you spend the day?
4. What were you doing when you last lost track of time?

[Are there any consistencies in your responses to these four questions?](#)

[Please review the themes that emerged in the sections above and identify any consistent patterns among your responses.](#) Note those patterns below:

--