

ADELPHI UNIVERSITY

•WORKSHEET•

1ST ADVISING MEETING:

EXPLORE YOUR INTERESTS

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 and why is he or she 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:

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, or General Studies Program, 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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Office of Academic Services and Retention