

## Identify Your Interests

Take a seat and *brainstorm everything that you're interested in onto a piece of paper*. Don't judge or censor yourself, just go to town! The list can include anything... basketball, making cookies, philosophy, hip-hop music, debate, good jokes, knitting, reading the newspaper, traveling, etc.

The process of choosing a major often starts with this simple step. These are the things you like to do, the things in life that have captured your interest. **Ask yourself a few more questions to discover other areas of interest. For instance:**



- What extracurricular activities are you drawn to?
- If you had free time this weekend, what would you choose to do?
- What topics do you like to read about?
- How do you answer when folks ask you what you're interested in? Why?

Now, keep these interests in mind. It's a piece of the puzzle as you determine which major will fit you best.

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