Worksheet 4: Acknowledging influences — “Push/Pull”

Decision-making is complicated, especially when others want to throw in their two cents. Think about these questions truthfully to tease out your motivations, influences, and assumptions:

- Do you have a particular career path in mind? Do you think there are majors that would better prepare you for this career? If so, what are they? How did you decide that these majors matched this career?

- Does your family (or other people involved in your life) want you to have a specific career or major? If so, what are the reasons for suggesting this path?

- What are the merits of their suggestion (that is, what rings true about what they are saying)? What are the things they seem to be neglecting to consider?

- Have you accepted their suggestion? Do you agree with their reasons for suggesting it? From a scale of 0-100%, how ready do you feel to pursue this path?

- If we could erase their suggestion from memory, what path do you think you would naturally pursue? If it differs, are there any commonalities between these two paths (in terms of type of work/study, expected salary, length of additional training, etc.)? What would be the trade-off of choosing one over the other?

- Based on your answers, how ready do you feel to choose a concentration?