

ASSESS

My strengths and assets: _____
 Subjects I enjoy: _____
 Subjects I'm good at: _____
 I am passionate about: _____
 I care about: _____
 My friends and family think I should: _____
 I would like to.....

THIS IS COMING TOGETHER IN A PLAN TO _____
 Consider taking a skills and values self-assessment if you are unsure about your direction (ask an advisor to help you locate good resources).

My Motivators _____ My Distractions _____
 My role models are: _____
 Upon graduation – what does success look like?

College Writing Programs (CWP) <http://writing.berkeley.edu/> Math Diagnostic <http://math.berkeley.edu/courses/choosing-courses>

CONNECT

PRIMARY FACULTY ADVISOR _____
 MADE AN OFFICE VISIT
 DISCUSSED A PAPER OR PROJECT

PRIMARY STAFF ADVISOR _____
 OTHER ADVISOR OR ACADEMIC COUNSELOR _____
A TRUSTED PERSON I WILL WORK WITH THIS YEAR AND TURN TO IF PROBLEMS DEVELOP _____
 (Be Well to Do Well <http://uhs.berkeley.edu/bewell/>)

TIP: DEVELOP LASTING RELATIONSHIPS - MANAGE STRESS

STUDY

TIP: POWER UP! (If you are working on a complex plan - choose courses that fulfill multiple requirements)

First Choice Major _____
 _____pre-reqs

2nd Choice Major _____
 _____pre-reqs

Minor _____

Other courses of interest
 Must take _____

Would like to take _____

Other intellectual interests _____

- University Requirements
- Entry Writing (Sub A)
 - R&C
 - QR
 - AC
 - AH&I

TIP: Set reasonable goals and work toward them incrementally. When planning, emphasize quality over quantity.

Breadth (Discuss your strategy for selecting breadth courses with an advisor to get the most out of your liberal arts education)

- Arts & Literature
- Biological Science
- Historical Studies
- International Studies
- Philosophy & Values
- Physical Science
- Social & Behavioral Sciences

PARTICIPATE

Involved in _____
 (If possible) Study Abroad – When? _____ Study a Language – When? _____

Experience Something New - How _____
 Explore your Identity or Culture – How _____

Work Experience _____ Internship _____ Volunteer _____

- Teamwork Skills I am Developing
- Member
 - Individual Contributor
 - Project Manager
 - Leader

TIP: USE BREAKS AND SUMMER

PREPARE

CAREER
 Possible Careers _____
 Relevant Skills _____

PRE-PROFESSIONAL
 _____ MCAT prep & test date
 _____ LSAT prep and test date

PRE-GRADUATE
 _____ Research Project
 _____ Faculty Mentor
 _____ GRE Test Date

Pre-Graduate Courses Needed: _____

TIP: GAIN EXPERIENCE

REFLECT

The most exciting thing I'm learning:
 The most useful skill I'm developing:
 The best experience I've had:
 I can't wait to:
 I think differently about:
 This has affected my plan in the following ways:

2013-14

Fall Courses	Break	Spring Courses	Summer
_____		_____	
_____		_____	
_____		_____	
_____		_____	