



Career and Professional
Development Center

Collegeview

Life design tools and methodologies can help you to design a life you love. We want to get you thinking about why college is important to you. Everyone's needs and desires around their life and their experiences are different, and being able to articulate your views on work, life, college, etc. can help you to design a life that is meaningful, joyful, and fulfilling. Being able to articulate your view on college (what it's for and WHY you do it), means you're less likely to let others come in and decide that for you. We know that this will likely change overtime too, and that is okay. Our goal is coherency, which means you're living in alignment with your values and what you believe in.

Use these questions to brainstorm:

- Why did you choose to go to college?
- What goals do you have in the future and how can you work towards them now?
- How does your focus of study complement your lifestyle and values?
- When you think about life 5 years from now, what do you see? What education is needed to reach this?
- What motivates you to learn? How do you learn best?