# Action Plan

**Goal:** Declare a major by the beginning of Sophomore year

<table>
<thead>
<tr>
<th>Actions: Specific steps you need to take in order to achieve your goal.</th>
<th>Target Date: Sets up a timeline for when you will take these actions.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Take interest inventory test</td>
<td>Week 1 of Autumn quarter</td>
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<tr>
<td>Job shadow a physical therapist and dentist</td>
<td>Autumn quarter or winter break</td>
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<tr>
<td>Research and read about physical therapy, dentistry, biology, and exercise science</td>
<td>Throughout Autumn quarter</td>
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<tr>
<td>Try classes in different areas of science</td>
<td>Autumn, Winter, and Spring quarters</td>
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<tr>
<td>Find a rehabilitation facility to volunteer at</td>
<td>Autumn quarter</td>
</tr>
<tr>
<td>Find student groups to join</td>
<td>Week 1 of Autumn quarter</td>
</tr>
</tbody>
</table>

**Available Resources:**
This includes all people, places and things that might help you achieve your goal.

- Utilize online interest inventories available through University Course
- Set up job shadowing with my dentist and my neighbor who is a pediatric nurse
- Do internet and library research on majors and careers I am considering
- Meet with advisors in majors of interest
- Meet with my advisor to find resources

**Constraints:**
These are the barriers or obstacles that might get in the way of achieving your goal.

- Procrastination in doing research and reading
- Not sure where to look on campus and on the internet for information
- Not sure how I will perform in advanced science classes
- Afraid I will pick the wrong major
- Want to be sure that my family approves of my major

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*Action Plans Speak Louder Than Words: Developing a Successful Major Exploration Course and Materials 2008*
Action Plan

Name ___________________________ Today’s Date ______________________________

As my initial next step, I would like to : (check one)

☐ Research written materials about particular career fields
☐ Interview individuals for more information about career fields
☐ Take additional career inventories
☐ Seek individual assistance from a counselor or advisor
☐ Seek assistance through a support group
☐ Test a particular interest through a class
☐ Test a particular interest through a part-time job, internship, or volunteer experience
☐ Test a particular interest by joining a club or organization
☐ _____________________________(fill in the step)

To get to this next step, I will need the following information and resources:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

I will complete this action by the following date: _______________________________