# Major Exploration

*Lesson submitted by Annie Robbins, March 12, 2020*

Students will:

* Reflect on their driving force(s) and how this relates to major selection
* Think critically about making hard choices

Materials:

* “How to make hard choices” TED Talk by Ruth Chang (<https://www.ted.com/talks/ruth_chang_how_to_make_hard_choices>)

Description of activity:

* Have students write out why they chose their major. If undecided, write about one they are interested in
* Watch TED Talk (15 minutes)
* Have students turn to their neighbor and discuss what stood out to them, and why. How did the video change their perspective on making hard choices
* Golden Circle activity:
  + Explain the Golden Circle concept from Simon Sinek (<https://www.ted.com/talks/simon_sinek_how_great_leaders_inspire_action>)

What: Result of why and how (career/job)

How: Specific actions to realize your why (major selection)

Why: Values

* + Share your personal circle
* Ask students how the TED Talk relates to the golden circle
* Share resources: ACES Career Counseling, EPIC
* Have students revisit their initial writing on why they picked their writing. Ask what values are in this answer if any?
* Have students make a golden circle for themselves with at least the “why.” This is their ticket out of class