

PROBING QUESTIONS

Self-Exploration

- ✓ As far back as you can remember, what general occupational fields have you thought of?
- ✓ What subjects did you enjoy in high school? In what subjects were your best grades?
- ✓ Do you consider your strengths to be in the mathematics, science, social science, humanities, or arts?
- ✓ What type of extra-curricular activities did you take part in in high school? Which were the most enjoyable? What did you learn about yourself from them?
- ✓ What are your best personal qualities? What do your friends like the most about you?
- ✓ What do you see as your limitations?
- ✓ Name your greatest accomplishment so far. What about the experience made it special?
- ✓ In what kind of work environment do you picture yourself in five years out of college?
- ✓ If you have spare time, what do you do?
- ✓ Why are you in college?
- ✓ What does a college degree mean to you?

Academic Major/Occupational Information

- ✓ What academic areas are you currently considering? What do you like about these areas?
- ✓ What occupation are you considering? What about these occupations attract you?
- ✓ How do your abilities and skills fit the tasks necessary to succeed in these areas?
- ✓ Will these occupations provide the rewards and satisfactions you want for your life? Why?
- ✓ What are the differences among the top two (or three) majors (occupations) that you are considering? What are the similarities?
- ✓ Who has influenced your ideas about these alternatives?

Decision Making

- ✓ Do you ever have trouble making decisions? Little ones? Important ones?
- ✓ How do you generally go about making a decision? Describe the process.
- ✓ What specific strategies do you use?
- ✓ Do you use the same method for all types of decisions?
- ✓ Would you describe yourself as a spontaneous or systematic decision maker?
- ✓ Do you make decision by yourself or do you need other people's opinions first?
- ✓ Are you feeling anxious about deciding on a major? Pressured? How long do you think it will take to make a decision? How long do you want it to take?