

# Finding Lifestyles through SELF EXPLORATION

## Pre / Post Class Student Self-Assessment

On a scale from 1-6 please rate how you feel regarding each statement

**Red** is *before* reading book

**Blue** is *after* reading book

1. I have a true definition of what life means to me 1 **2** 3 4 5 **6** +4
2. I know what I want from life 1 **2** 3 4 5 **6** +4
3. I have clear values and morals that I live by 1 **2** 3 4 5 **6** +1
4. I know what I want my life to look like in 10 years 1 **2** 3 4 5 **6** +4
5. I have anxiety about my college career 1 **2** 3 4 5 **6** -3
6. I understand how to determine if my major is right for me 1 **2** 3 4 5 **6** +2
7. I understand myself enough to know what type of lifestyle I need to live a fulfilling life 1 **2** 3 4 5 **6** +3
8. I have anxiety about life after college 1 **2** 3 4 5 **6** -2
9. I understand how the major I chose impacts my lifestyle 1 **2** 3 4 5 **6** +2
10. I know what I want my future to look like 1 **2** 3 4 5 **6** +3
11. I am comfortable with my public speaking skills 1 **2** 3 4 5 **6** +1
12. I know how to make my abstract lifestyle an obtainable goal 1 **2** 3 4 5 **6** +4

## Student Testimonial

“After reading the book, I have started to view my everyday decisions and activities differently. *Finding Lifestyles Through Self Exploration* has been an amazing tool that has helped me find purpose in life. I always knew my goals, but not how to reach them. High school or college students will enjoy the book because it is engaging, short and to the point. I appreciated the activities because I am a hands – on learner. It is the first class and textbook that I have actually been able to fully apply to my whole life. Think about how many books students have to read that will never actually help them in the real world. This textbook is the exact opposite and helps you discover important information about yourself. Each chapter and activity plays a key role in helping you understand what you want to do with your life. I have learned how to approach my future in a way that has helped with my anxiety, nerves, and self-esteem.”

– Cameron, student