

# 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

**Orange** 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 +3
3. I have clear values and morals that I live by 1 2 3 4 5 6 +3
4. I know what I want my life to look like in 10 years 1 2 3 4 5 6 +2
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 +4
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 +2
11. I am comfortable with my public speaking skills 1 2 3 4 5 6 +2
12. I know how to make my abstract lifestyle an obtainable goal 1 2 3 4 5 6 +3

## Student Testimonial

“The book is truly relevant and full of truth, especially for this time of my life in college. It has challenged me to think about things I have pushed to the back of my head because I was afraid of my future. Being a college student, I did not realize how thinking about the end goal is so important. One of the first journals helped me realize my morals and who I am. That was honestly so refreshing to write about why I am making the choices in my life. In college it is so easy to stir away from being true to yourself. I can honestly say this book have brought meaning to my life and future career. I enjoyed how the journal topics helped me understand what I want out of life.”

– Emma, freshman in college