Are You Ready to Pick a Program?
Description: Get a sense of your readiness to pick a college program, as well as potential next steps.

**Instructions:** This activity will lead you through a series of statements on motivation, self-awareness, decision-making, program awareness, and academic readiness. Respond to each statement by selecting how much you agree with it.

**MOTIVATION:**
*Why do you want to attend a college program?*

1. I am focusing on a program and/or potential career that interests me, and not just programs that my family, friends or teachers are recommending.
   - [ ] Agree
   - [ ] Somewhat Agree
   - [ ] Disagree
   - [ ] I don’t know

2. I am personally motivated to attend college at this time in my life, not just because it’s what others (parents, teachers or society) expect of me.
   - [ ] Agree
   - [ ] Somewhat Agree
   - [ ] Disagree
   - [ ] I don’t know

**Agree & Somewhat Feedback:** It sounds like you are self-motivated to attend college! This will help you to push through the challenges you may encounter in your studies.

**Disagree & I Don’t Know Feedback:** You might need to figure out your reasons for attending college right now. It sounds like some of your motivation is coming from outside pressures like societal or familial expectations. This is normal, but some of your reasons should come from inside, too -- for example, your interests, or a desire to be in school. Self-motivation can give you the strength to push through obstacles you may face while at college.
SELF-AWARENESS:
How well do you understand yourself as a worker?

3. I have had enough work-related experiences (paid or volunteer) to know what kind of tasks I like doing in a work setting.

☐ Agree  ☐ Somewhat Agree  ☐ Disagree  ☐ I don’t know

4. I know myself well enough to identify my skills and abilities related to different careers.

☐ Agree  ☐ Somewhat Agree  ☐ Disagree  ☐ I don’t know

Agree & Somewhat Feedback: It seems like you are fairly self-aware -- you have a sense of your work skills and abilities, and understand how these match up to careers you’re interested in. This will help you to pick a program.

Disagree & I Don’t Know Feedback: You may need to spend a bit more time exploring careers before you make a program decision. Take a class, volunteer, or shadow workers in different fields to get a sense of what kind of work you like doing, and how your own skills and abilities might fit into various careers.

DECISION-MAKING
How confident are you about your choice of program?

5. I want to be absolutely certain that my career choice is “right for me,” but none of the careers I know about right now seem to fit.

☐ Agree  ☐ Somewhat Agree  ☐ Disagree  ☐ I don’t know

6. So many things interest me! It’s hard for me to narrow down my choices.

☐ Agree  ☐ Somewhat Agree  ☐ Disagree  ☐ I don’t know

7. A few different programs and careers interest me, and I’m having a hard time deciding between them.

☐ Agree  ☐ Somewhat Agree  ☐ Disagree  ☐ I don’t know
**Agree & Somewhat & I Don’t Know Feedback:** It sounds like you’re having some trouble making a decision. It might help to talk about your options with an unbiased person, like a trusted friend, teacher, or counsellor, so that you can feel more confident in your program choice.

**Disagree Feedback:** “Good for you! You sound confident in your decision-making!

**PROGRAM AWARENESS**
*How much do you know about the programs you’re considering?*

8. I have researched the careers that interest me and can identify which programs would prepare me for them.

☐ Agree ☐ Somewhat Agree ☐ Disagree ☐ I don’t know

9. I am very clear about what kinds of careers I could have after completing the programs I’m considering.

☐ Agree ☐ Somewhat Agree ☐ Disagree ☐ I don’t know

10. I am aware of the admission requirements for the programs I am interested in.

☐ Agree ☐ Somewhat Agree ☐ Disagree ☐ I don’t know

**** Agree & Somewhat Feedback:** You’ve done your research! You understand the programs you’re considering, you know what kinds of careers they’ll prepare you for, and you’re familiar with their admission requirements.”

**** Disagree & I Don’t Know Feedback:** It’s important to research a program before you seriously consider enrolling. You can find a lot of information online, but you may find that you need some assistance with making connections between programs and careers. A program coordinator or counsellor can be of help, here.
ACADEMIC READINESS
Are you academically prepared for college?

11. I think I may be weak in the subjects needed to get into the programs I want.
   □ Agree  □ Somewhat Agree  □ Disagree  □ I don’t know

12. I have an idea of the field I want to pursue, but I haven’t taken any coursework in that area to
   □ Agree  □ Somewhat Agree  □ Disagree  □ I don’t know

Agree & Somewhat Feedback: Check out an online program description to learn more about the academic requirements for a specific program. If you’re weak in certain academic areas, or need to take some extra coursework, you can check out College services like the Academic Access Centre or the Centre for Continuing and Online Learning (CCOL).

Disagree Feedback: It sounds like you are academically ready to attend a college program!

Congratulations! You have completed the activity.
For more help preparing for college, set up an appointment with a counsellor, or check out the rest of this module.