

S.O.A.R. Worksheet

Are you deciding between majors or co-curricular interests?

Use this worksheet to reflect on your **strengths** and **areas for growth**, the **opportunities** that the interest may provide and any other **resources** that may support your goals for your interest(s).

We recommend:

1. Completing one Part #1 SOAR analysis per interest over the period of a semester to collect information to make an informed decision. The hyperlinked section headings will direct you to a non-exhaustive list of USC tools and resources to help you in your research process. For additional resource recommendations, consult with your academic advisor and/or the [USC Career Center](#).
2. Completing one Part #2 SOAR reflection (p. 2) to help decide next steps and
3. Scheduling an appointment to review the analysis and reflection with your academic advisor to develop an action plan (reference our [Major Exploration Action Plan](#) worksheet for guided questions).

Part 1 – S.O.A.R. Analysis

Interest #1:

- Strengths:
- Opportunities:
- Areas for Growth:
- Resources Available:

Interest #2:

- Strengths:
- Opportunities:
- Areas for Growth:
- Resources Available:

Interest #3:

- Strengths:
- Opportunities:
- Areas for Growth:
- Resources Available:

Part 3 – Example

Interest #1: Health & Human Biology, B.A.

Analysis:

- Strengths:
 - Critical thinking and organization (from Career Center assessment/personal insight)
 - Supporting others/peer mentorship (through health clinic volunteer projects, JEP service learning projects, and Career Center assessment)
 - Graphic design (through club/org recruitment role and Career Center assessment)
- Opportunities:
 - HHS B.A. major coursework includes some, but not all admission prerequisites needed to apply to graduate school
 - Major aligns with my interest in working in public health
 - Student research - Mellon Mays Undergraduate Fellowship
- Areas for Growth:
 - Attend office hours to learn more about my professors and their background, and for research recommendations
 - I enjoy studying interdisciplinary topics, but feel most comfortable with math/science so would like to strengthen my writing skills and explore social and behavioral science courses this upcoming term
- Resources Available:
 - Pre-Health Advising and major advising to discuss missing prerequisites needed to apply to graduate/professional school
 - Writing Center and USC Library support for discipline-specific writing standards and citation guides

Reflection:

- What did you learn about yourself?
 - I have more skills and experience than I initially realized that can prepare me for this major and a career in public health
- What next steps will you take?
 - I'll create referrals in Advise USC to the Pre-Health advising office and to major advising, and attend information sessions or schedule advising appointments to learn more about the majors and Pre-Health resources
 - I'll attend the USC Research and Fellowships week to meet other students engaging in research that aligns with my interests
- How would you rate your interest level?
 - I continue to have a strong interest in this major, but also need to research the Health and Humanity major, and Keck programs
- Additional Notes/Reminders:
 - Minor interests include:
 - Disruptive Innovation
 - Global Communication
 - Statistics and others
 - I'll narrow down this minors lists once I've confirmed my major.