

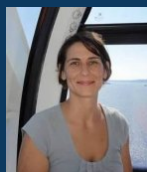


Middlebury

[Academic Calendar](#) [CTLR](#) [Health & Wellness](#) [Presence](#) [SFS](#)

There is no singular college experience. While some things such as taking classes are a given, the rest of college is by and large what you make of it. In this weekly newsletter, I will share ways to hone your strengths and take advantage of some of the things Middlebury offers that are designed to help you succeed, grow and realize your goals. Read on to see this week's tips for thriving at

Middlebury!



Jennifer Guinn Sellers, Ph.D.
Dean of the First Year Experience

Selecting a major and deciding on a career

With fall registration right around the corner, it is common for students to feel pressured to select a major that is best aligned with their career goals. But what if you don't know what you want to major in, let alone what type of career you would like? What are you supposed to do if you don't know what your end goal is? First, don't panic! You are right on track if you wait until the middle of your sophomore year to declare your major. Second, remember that your job right now is to find the path that best aligns your interests and values. In other words, do the work to find your passion.

Here are three recommendations to help find your passion

1. Conversation: Have a curiosity conversation with someone you don't know whose work you find interesting. This only has to take 15-20 minutes
2. Reflection: Write down or think about your interests and values. If you are having a hard time identifying something, flip the question around and think about what you are NOT interested in. Then try the following prompt, "By contrast, I enjoy my class in..."
3. Action: Do anything. You will learn something from every experience. Don't make the critical error of trying to make the perfect next move. When you take a wrong step, you will correct it in your next step. And remember, not doing something is a decision.

Courage and the Character Strength of Persistence

Navigating the uncertainty of college, majors and careers takes a lot of Courage, and more specifically, persistence. The truth is, every single student is going to experience multiple obstacles, setbacks and failures during their time at Middlebury. But day by day, you learn how to improve. And if you add up every small but consistent improvement, you will start to see big changes. This is exactly what the character strength of persistence is, and what allows us to live up to our community standard of "Encouraging personal and intellectual courage and growth."

If you would like to learn more about how you can strengthen the habit of persistence in the face of challenge, I encourage you to listen to this interview with Prof. Duckworth, a pioneering researcher who is often credited with demystifying the habits that predict long term success.



How to turn GRIT into a lifelong habit



Resources

Faculty office hours are one way to begin to have curiosity conversations. Additionally, the Center for Careers and Internships (CCI) can connect you with Middlebury's broad and engaged alumni network for a curiosity conversation through Midd2Midd.

You can also learn more about how values and interests inform major and career choices. The best way to begin to engage with the CCI is by setting up a 30 minute explorer appointment.

For students who feel as though they are contending with family, social, mental or physical health concerns that are making it difficult to focus on their academic goals, Care Managers and Integrated Care Managers are available to support students through the process of identifying goals and connecting with supports, even when they are not academically related. The character strength of persistence contributes to success in whatever domain it is practiced in! You can set up an appointment

directly with a Care Manager by emailing MiddCARES@middlebury.edu or with an Integrated Care Specialist by emailing integratedcare@middlebury.edu.



Midd2Midd



CCI appointment



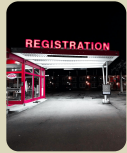
Care Managers



Integrated Care

Important Dates

- 4/30 [Summer Housing Applications](#) due



Registration Information
and Instructions

Was this information helpful?

Please take less than one minute to let me know!

Feedback

No minimum order value

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[Self-schedule an appointment here!](#)

Contact me.

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