

# Finding Your “Why”

Continuing your education can be a challenging and rewarding journey. It is important to be able to identify your reasoning or your “why.” In an educational sense, this “why” will help you be driven beyond short-term goals and help you stay focused, committed, and resilient in the face of academic challenges.

While this self-exploration may sound daunting, breaking it down to these 4 simple approaches can help.

## 4 APPROACHES TO FINDING YOUR “WHY”:



### Reflect on Your Long-Term Goals

What do you want to achieve in your career and life and how will continuing your education help you get there? Consider what skills, knowledge, and credentials you need to advance in your field or to pursue a new one.



### Consider Your Personal Interests and Passions

What subjects or fields do you enjoy studying? What kinds of careers align with those interests? Continuing your education provides an opportunity to explore new ideas and perspectives that align with your goals.



### Think About What Your Values Are

What is important to you? Is it earning a high salary, making a positive impact on the world, or pursuing a certain lifestyle that helps support you and your loved ones? Make a list of what's most important to you and assess your values.



### Take Advantage of College Resources

Many educational institutions offer career counseling, mentoring programs, and other resources that will connect you with a professional. Talking through your circumstances with an unbiased party can offer a fresh perspective.

By taking the time to consider your career goals, personal interests, values, and priorities, and exploring available resources, you can develop a clear understanding of what or who your “why” is. As spoken by Mark Twain: “The two most important days in your life are the day you are born and the day you find out