



# CHANGES CHECKLIST

Since starting college, have you...  
(check all that apply)

- Changed majors?
- Changed schools?
- Changed friend groups?
- Dropped classes?
- Moved houses/dorms early?
- Had several romantic relationships?
- Changed churches?
- Left social clubs that you were a part of?
- Changed jobs?
- Had more than one "best friend"?
- Made any other big changes?

Looking at your list, what process did you go through to make those decisions?

Make two lists. One of what you would consider to be "big" changes and one of "small" or insignificant changes.

Big Changes

Small changes