



POST-SECONDARY DECISION-MAKING TOOL

Understanding your values and what is important to you will help make your postsecondary decisions easier.

Here are some questions to help you out:

1

Think about a time in your life when you were the happiest.

- What were you doing?
- Who was there?
- What was making life so great?
- What are your personal VALUES that shine through when you think about this time?

2

Think of something that you are very proud of. It could be an achievement, a milestone or even a relationship

- Why is that a point of pride for you?
- Who else was involved?
- What are your personal VALUES that shine through when you think about this point of pride?



3

What are you hoping to get out of your first year of university? What are you looking forward to?

- Put each of the things you are looking forward to in the first column of that table below. Then, for each scenario mark if things you value are; 1. Still Possible 2. Possible, but will be delayed or 3. Impossible.
- How do you feel about the possibilities of things you are looking forward to?
- In the final column, make a list of things you could possibly do on a gap year that would help you to have a similar experience to what you were looking forward to

Highest Restrictions

Physical distancing is still in place (or in place again). This would likely mean and online orientation/frosh week, online courses, and will likely feel very similar to what we are currently experiencing. This could last for a month or a semester (or the year, but let's not go there).

Medium Restrictions

Physical distancing has been lifted but large groups are not allowed. This probably means no frosh week, no residence or cafeterias. Classes might be online with small tutorials permitted.

No Restrictions

Things are back to normal. September will run like all previous Septembers. Please know that this is HIGHLY unlikely.



Things I am looking forward to:	Highest Restriction	Medium Restriction	No Restriction	Gap Year Activity:

Additional Thoughts: