H.E.L.M. Decision-Making Triangle

Decision Point

Measure

Identify the Situation
Choosing a Major, Class Selection, Choosing a Career, Internship v. Volunteering

H.ead Check: What are the facts? How many credits will I need to graduate if I transfer to SMG? Will I still graduate in two years?

H.eart Check: What does my gut tell me about this decision?

E.xpert Check: Academic Advisor, graduate student, senior, Center for Career Development, etc.

L.oved Ones Check: What do the people whose opinions I value say about this decision?

M.earse: Putting it all together and making a decision.