

University Exploratory Studies Program (UESP)

Exploration To-Do's

Choose the activities that you will participate in to explore your interests

| Exploration Activity | Fall Term | Winter Term | Spring Term |
|--|-----------|-------------|-------------|
| Take ALS 114: Career Decision Making | | | |
| Visit the Career Trail website (career.oregonstate.edu/students/career-trail) | | | |
| Run a "What-if" scenario in MyDegrees for a major or majors of interest | | | |
| Complete a career assessment (SIGI ³ , Myers-Briggs Type Indicator, Strong Interest Inventory) | | | |
| Meet with professors in a major or majors of interest | | | |
| Meet with advisors in a major or majors of interest | | | |
| Seek input from peers in a major or majors of interest | | | |
| Seek input from friends or family members | | | |
| Attend an open house or information session for a major or majors of interest | | | |
| Attend a Career Fair | | | |
| Attend a Majors Fair | | | |
| Take a class or classes specifically to learn more about a major or majors of interest | | | |
| Review online catalog (catalog.oregonstate.edu) to learn more about a major or majors of interest | | | |
| Use other web or print resources to learn more about a major or majors of interest | | | |
| Complete an informational interview | | | |
| Engage in job shadowing | | | |
| Use resources on the UESP website (oregonstate.edu/uesp/) | | | |

The Academic Success Center

102 Waldo Hall
Corvallis, OR
97331-6402



@OSU_UESP



Facebook.com/
UESPadvising



@OSU_UESP

Check out our website:
oregonstate.edu/uesp/

To schedule an advising appointment:
Stop by our office or call 541-737-8144



| Exploration Activity | Fall Term | Winter Term | Spring Term |
|---|-----------|-------------|-------------|
| Join a student organization related to a major or majors of interest | | | |
| Participate in a service learning (or community service) project related to a major or majors of interest | | | |
| Other: | | | |
| Other: | | | |

You're not undecided...

You've decided to explore!

Reflection:

What have you learned from these experiences?

Which experiences did you enjoy? What about those experiences was helpful?

In what ways have these experiences matched with your skills, interests, values, and personality?

What questions do you still have about majors here at OSU? Or a specific major or majors of interest?



KEEP this sheet and BRING it to your UESP advising appointments!