

UNIVERSITY EXPLORATORY STUDIES PROGRAM



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Appointments
Call 541-737-
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EXPLORATION TO-DO LIST

WHAT EXPLORATION ACTIVITIES WILL YOU PURSUE

Exploration Activity	Fall	Winter	Spring
Take ALS 114: Career Decision Making			
Review the “What Can I Do with My Major” site: http://career.oregonstate.edu/students/career-major-exploration/choosing-or-changing-major/what-can-i-do-my-major			
Complete a self-assessment inventory (Myers-Briggs Type Indicator, Superstrong, etc.)			
Run a “What If” scenario in MyDegrees for a major of interest			
Meet with professors in a major of interest			
Meet with an academic or career advisor in a major of interest			

More activities on the back



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Exploration Activity	Fall	Winter	Spring
Seek input from peers in a major of interest			
Seek input from friends or family members			
Attend an open house, info session, or event for a major interest (e.g. Fridays in Austin, Undergrad Engineering Expo)			
Attend a Career Expo			
Take a class (or classes) specifically to learn more about a major of interest			
Review the online catalog and/or department web sites to learn more about a major of interest			
Complete an informational interview			
Engage in a job shadow for a career area of interest			
Use resources on the UESP web site (O*NET, Occupational Outlook Handbook, Interests, Values and Abilities Worksheet, Exploring Major Options page) - http://uesp.oregonstate.edu			
Join a student organization related to a major of interest			
Participate in a service learning (or community service) project			
Other:			

Reflection:

1. What have you learned from these exploration experiences?
2. Which experiences did you enjoy? What was helpful about those particular experiences?
3. In what ways have these experiences matched up with your interests? Your skills? Your Values? Your Personality?
4. What unanswered questions to you still have about the specific majors you've been exploring at OSU?



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