

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!