

The UF Explorer

A newsletter for Exploratory Students at the University of Florida

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Balancing Academic Advising & Career Counseling

Exploratory students often ask: "Which should I choose first, a major or a career?" No single right answer exists for that question. Most majors have a multitude of career paths, and most careers have a number of entryways. Therefore, for most students, deciding on a major and career path is a dynamic process of exploring the relationships among majors and careers and making the most informed decision given what they know about themselves. Academic advising and career counseling should be used together effectively to determine and achieve your goals.

Academic advising should help you purposefully enroll in courses that match your current interests and abilities and cultivate new ones. As you may know, each major at UF has a sequence of critical-tracking courses designed to help you identify if you will be able to successfully graduate in that major. You should consult an academic advisor in the college that offers your intended major for information about successfully completing tracking requirements, which determines eligibility for most majors. Fulfilling general education requirements is a great opportunity to develop an understanding of an area outside of your comfort zone and explore majors and career paths you may not have previously known about. Academic advising can help you to tailor your decisions to fit both your designs and those of the university. Please visit www.ufadvising.ufl.edu/ for more information.

Career counseling has multiple dimensions that benefit students. To simplify, two basic phases of career counseling are the search for a career path and then specific preparation for a career. The first phase typically involves a series of meetings and diagnostic evaluations with a career counselor to help determine **YOUR** fundamental values, interests, and skills and then matching those results with careers that seek people with those traits. The second phase typically involves preparing for the job application process. If not already known, this is a great time to learn résumé and interviewing skills and brush up on professional etiquette. These two phases can and should take place over a period of time and build on one another. Please visit www.crc.ufl.edu for more information.

In conclusion, academic advising and career counseling should be utilized together to make sure you are completing degree requirements in a timely manner while realistically exploring your academic and career interests. Ultimately, the people who stand out and are hired for a position typically have a mix of academic and non-academic skills and experience. Keep that in mind as you make informed decisions about the wide array of options available to you with the goal of finding success academically and professionally.

Spring registration tips!

Did you get stuck with the dreaded Monday, Wednesday, Friday 7:30 am course when you are NOT a morning person? Were you forced to take a course with a professor you were warned not to take because all of the other sections were full? Here are some helpful tips to prepare you for registration and to assist you in creating a more ideal schedule.

TIP #1

Make an appointment with your advisor early! Appointment times fill up quickly the weeks before registration so be sure to sit down with your advisor to discuss appropriate courses well in advance of your registration date.

TIP #2

Check ISIS for any holds on your account. Holds can be placed on your account for several reasons including but not limited to: Parking tickets, library fines, missing immunization records, and academics. Check your holds **EARLY!** Sometimes it takes time to get these removed. Some holds prevent you from registering.

TIP #3

Check your registration date and time on ISIS and register as close as you can to that date and time. The earlier you register, the better the chance you will get the courses you want!

Department News!!

Department of Entomology and Nematology College of Agriculture and Life Sciences



Bldg. 970 Natural Area Drive

Phone: 392-1901

<http://entnemdept.ifas.ufl.edu/>

Mission

To be a world leader in entomology and nematology by conducting superior research, delivering quality teaching, and extending knowledge to improve agriculture, the environment, and human health and well-being

OCT Newsletter:

<http://entnews.ifas.ufl.edu/2008-2009/october08.htm>

What is Entomology?

Entomology is a biological science that emphasizes insects and related organisms. Insects are the most diverse and abundant forms of animal life on earth. Because of their diversity insects are some of the most fascinating form of life. They display complex behavior, morphology and life cycles. Insects often rival flowers in beauty and are easy to collect and study. They are critical elements in the conversation of plant to animal matter, often being the principle food of birds, fish and other vertebrates.

Insects are important in pollinating plants, nutrient cycling, crop and ornamental plant damage, and in biting and transmitting disease to humans and animals. Therefore insects are a great source of signifiacnce to biologists and ecologists, and to the agricultural, landscape and urban pert control industries. They are numerous employment opportunities for students with a back ground in biology that emphasize insects.

What Career Opportunities Exist in Entomology?

The major in entomology prepares students for exciting careers in biology. Entomology students can enter medical, dental or veterinary school; be certified to teach biology in public schools; progress to graduate study in any of several biological sciences such as ecology, entomology, horticulture or zoology; or move directly to the workplace. Graduates with a baccalaureate degree (B.S.) typically find employment in such service industries as pest control and ornamental horticulture; regulatory and other government agencies; or in technical support of research.

Employment potential for entomology graduates is much greater than in many other biological sciences because graduates can gain employment without advanced degrees and because employment opportunities exist both in the private and public sectors.

For specific information about Entomology, visit the AAC or contact Dr. Carl Barfield undergraduate coordinator 392-1901 ext 131!



Reminders:



Don't forget to register!

TIP #4

Prepare, prepare, prepare! As soon as the class schedule becomes available, create a first choice, second choice, and third choice schedule. The schedule will become available on ISIS before the printed version arrives on campus so keep your eye out for the schedule on-line in the beginning of October!

TIP #5

Think about a schedule that works for you. Ask yourself what time of day you are more alert? Are you a morning person? Then consider taking morning classes. Do you work? Make sure to balance your class schedule with your work schedule to avoid burnout. Typically, if a student works more than 20 hours a week, he or she should consider a lesser load of course credit. Talk to your advisor about appropriate choices for your situation.

TIP #6

Be prepared for your advising appointment. Create a list of questions to ask your advisor if you are uncertain about academic policies or major requirements. Bring along your first, second, and third choice schedules to your appointment. With careful planning and your advisor's help you'll be ready for a great spring semester!



Choosing a major can be a stressful experience!!



Warning: Major Myths Are On The Loose! Don't Let Them Get YOU!

Choosing a major can be one of the most confusing parts of college. That's why it's important to know the facts when it comes to majors and careers. Here are a few of the most common MYTHS:

- 1a. Choosing a major means deciding what you will do with the rest of your life.*
- 2a. Choosing history or philosophy means you'll only be able to teach.*
- 3a. You should choose a major that is practical, even if it is not interesting.*

1. Did you know that more Undeclared students end up majoring in one of the 41 majors from the College of Liberal Arts and Sciences. CLAS majors get the best of both worlds - a strong cutting edge liberal arts education and the opportunities to develop real-world skills through the classroom experience and beyond via study abroad, internships, undergraduate government leaders, counselors, journalists, writers, consultants, human resources professionals, and entrepreneurs.
2. We offer unmatched freedom, opportunity and learning experiences with some of the best professors UF has to offer.
3. Choosing a "practical" major that you don't enjoy will most likely be reflected in your grades. Employers are often more interested in why you chose your major and what skills you have developed in college. It's important to major in something you're passionate about!



Not Sure Which Major or Career is for You? Let us help you connect the pieces

Academic Advising Center Farrior Hall!

352-392-1521 We're on the web!

<http://www.clas.ufl.edu/about/index.html>:

CLAS website!

<http://www.advising.ufl.edu/>:

Academic Advising Center

4. Some graduate programs will require specific prerequisite courses before being admitted, but very few require specific majors. This is even true for law and medical school! research projects, and service learning.

CLAS graduates are employed in every imaginable career field and pursue graduate education of every practice or discipline. e.g. they are CEOs, lawyers, doctors, scientists, teachers, related to your grad degree. Each of these myths is false! Keep reading to find out why.

1. Statistics show that most graduates become successfully employed in fields NOT directly related to their major. Also, most graduates will change careers multiple times.

2. Majoring in history, philosophy, or any liberal arts major helps develop skills that are in demand in a variety of career fields. Some employers prefer to hire liberal arts graduates because they have a broader set of skills.



The Importance of a MENTOR

What is a mentor?

Mentors are there for questions about your major or career options. Mentors can also serve as your personal cheerleader or can be there to talk with you about things going on in your life. Mentor/Mentee relationships can be as formal or informal as you want them to be.



Why should I have a mentor?

Having a mentor is about having a partnership with someone that has the knowledge that you hope for. Even if the mentor does not have the specific information you want they will have resources that help in answering questions they may not have direct answers for. Particularly if you have a mentor at the University of Florida they can serve as a connection to the large university you are attending.

How do I go about gaining a mentor?

There are many individuals at the University of Florida that would enjoy the opportunity to get to know a student one on one. Start with a professor, academic advisor, hall director, office staff member, etc. If there is a particular major you are interested in find an upper division student. Someone once said, "no one got to where they are alone." Keep that in mind as you work to find a mentor. Many of the individuals you will approach to be a mentor have had mentors of their own. I would not doubt that many of them still have mentors. When you decide to approach a potential mentor do your research. Be prepared to tell them why you want to have them as a mentor and what you hope to gain from the partnership. Remember the worse they can say is no. In reality who would not want someone to say "I admire you and want to learn and grow from having you as my mentor."



Campus Resources!

Free Tutoring!

Teaching Center in SW Broward Hall
Call us at 392-2010

Teaching center.ufl.edu

Reading and Writing Center

Call us at 392-6420

<http://www.teachingcenter.ufl.edu/>

Need some extra help in your academic work?

Free tutoring provided

on a walk-in basis or

appointment for all UF students

Counseling and

Psychological Services

301 Peabody Hall 392-1575

<http://www.counsel.ufl.edu/>

Counseling and Psychological Services provides FREE personal counseling to all UF students.

The counseling center offers group workshops

dealing with several issues

including managing stress, anger,

perfectionism and relaxation

techniques. For a full schedule of

workshops or to schedule an

appointment with a licensed

counselor, call 392-1575

Support Services for Students with

Disabilities Office of Student Services

P202 Peabody Hall 392-1261

Learning Services provides a variety of experience-based learning

opportunities through which students can explore a wide range of academic

concerns. Individual academic skills counseling and study skills workshops

are provided.

Career Resource Center

First Floor J. Wayne Reitz Union

352.392.1601 www.crc.ufl.edu

The 4:05 Series is designed to help you learn about the value of your degree, the marketability of your skills, the career opportunities available, and the successful job search techniques.

We strongly encourage you to attend this series and will be happy to answer any major or career specific questions you may have.

All workshops are held in the Career Resource Center at 4:05pm

Career Options for Liberal Arts and Sciences Students
Workshop Dates:

Wednesday, October 29

Tuesday, December 2

Monday, November 3

Friday, December 5

Friday, November 7

Monday, December 8

Wednesday, November 12

Wednesday, December 10

Monday, November 17

For more information contact:(352) 392-1601

The Advising Center is here to assist you with all of your advising needs! We cater to undeclared students as well as students who are thinking about changing their major. We also have advisors that can help you with choosing appropriate courses if you are thinking about any pre-health fields such as medical, dental, pharmaceutical or veterinary school.



Call to schedule your appointment today!

Exploratory Advising Center Staff:

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