College of Liberal Arts and Sciences
Academic Advising Center
Exploratory Worksheet

Name ___________________________ Date _________________________

Step One: List the majors you are considering in the order of preference.

Major: Advising Contact Information (http://www.ufadvising.ufl.edu/college-advising-contacts/)

1. ________________________________________________________________
2. ________________________________________________________________
3. ________________________________________________________________

Step Two: Use Degree Shopping on ONE.UF (https://one.uf.edu/) or the Undergraduate Catalog (https://catalog.ufl.edu/UGRD/programs/#filter=.filter_22) to determine the Critical Tracking requirements for each of the above majors you are considering.

Step Three: List below your majors of interest, the Critical Tracking courses required in the tracking term you are about to register for and any additional courses including Gen-Eds or electives that will complete your schedule.

<table>
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<tr>
<th>Major 1</th>
<th>Major 2</th>
<th>Major 3</th>
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<tr>
<td><strong>Critical Tracking Requirements for term ____</strong></td>
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<th>Additional Courses (e.g. General Education, electives)</th>
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Step Four: Circle all of the above classes that will count for all three majors. For example, a class may count for a tracking course for one major while also counting toward a General Education or a required elective for another major.

Step Five: Plan your final schedule for next semester based on the above information.

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## Resources for Exploratory Students

Your advisor will put a checkmark under “Rec.” to indicate a recommended resource for you. Then, as you utilize each resource, put a checkmark under “Used” to track your progress in the exploration process. Remember that you are not limited to the resources below, so be creative when seeking out ways to explore.

### Campus Resources

<table>
<thead>
<tr>
<th>Rec.</th>
<th>Used</th>
<th>Resource</th>
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|      |      | **Career Connections Center** (Reitz Union, [https://career.ufl.edu/](https://career.ufl.edu/), 392-1601)  
Individual career counseling, self-assessment tools, and career decision making workshops. |
|      |      | **Center for Student Activities and Involvement** ([https://www.studentinvolvement.ufl.edu/](https://www.studentinvolvement.ufl.edu/))  
Consider getting involved in student organizations that match your major or career interests. |
|      |      | **CLAS Academic Advising Center** (Farrior Hall, [www.advising.ufl.edu](http://www.advising.ufl.edu), 392-1521)  
All exploratory students can utilize advising from the AAC; workshops designed specifically for Exploratory students are also offered each semester. |
|      |      | **College and Major Department Academic Advisors** ([www.ufadvising.ufl.edu](http://www.ufadvising.ufl.edu))  
Locate specific advisors with whom to discuss majors of interest, how to stay on-track for these majors, and how to be eligible for admission to these majors. |
|      |      | **Counseling & Wellness Center** (3190 Radio Road, [www.counseling.ufl.edu](http://www.counseling.ufl.edu), 392-1575)  
Individual and group counseling, stress management and biofeedback services. |

### Online Resources

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<tr>
<th>Rec.</th>
<th>Used</th>
<th>Resource</th>
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|      |      | **C.H.O.M.P.** ([https://career.ufl.edu/students/chomp/](https://career.ufl.edu/students/chomp/))  
Online assessment through CRC that can help you plan your career goals and select a major. |
|      |      | **Degree Shopping and Tracking Audit** ([https://one.uf.edu/](https://one.uf.edu/))  
Determine progress in UF majors and explore courses required for each major. |
|      |      | **Exploratory Advising Website** ([http://www.advising.ufl.edu/exploratory/](http://www.advising.ufl.edu/exploratory/))  
Review advising suggestions, an Exploratory timeline, FAQ’s, tips, links and more. |
Evaluate UF majors grouped by theme and determine the college that offers each major. |
View job descriptions, projected growth in the field, and related careers. |
|      |      | **Undergraduate Catalog** ([https://catalog.ufl.edu/UGRD/programs/](https://catalog.ufl.edu/UGRD/programs/))  
Explore all major, minor, and certificate options at UF. |
Investigate possible career paths for various majors; for more options, type this question into an internet search engine. |

### Additional Resources

<table>
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<tr>
<th>Rec.</th>
<th>Used</th>
<th>Resource</th>
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|      |      | **Informational Interviews** ([https://www.livecareer.com/career/advice/interview/informational-interview-questions](https://www.livecareer.com/career/advice/interview/informational-interview-questions))  
Learn what a career field, company or position is really like by talking with individuals in your areas of interest. |