Name _____________________________________  Date ______________________________

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

**Major:**
1. ___________________________________________________
2. ___________________________________________________
3. ___________________________________________________

**Advising Contact (www.ufadvising.ufl.edu/advisers.aspx):**

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**Step Two:** Use Degree Shopping on ONE.UF (https://one.uf.edu/) or refer to the Undergraduate Catalog (https://catalog.ufl.edu/ugrad/current/Pages/majors.aspx) to determine the Critical Tracking requirements for each of the above majors you are considering.

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**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>
<thead>
<tr>
<th>Major 1</th>
<th>Major 2</th>
<th>Major 3</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Critical Tracking Requirements for term ____</td>
<td></td>
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<tr>
<td></td>
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<tr>
<td></td>
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<tr>
<td></td>
<td>Additional Courses (e.g., general education, electives)</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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**Step Four:** Circle any 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 towards a Gen-Ed or a required elective for another major.

---

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

_________________________________
_________________________________
_________________________________
_________________________________
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>
</tr>
</thead>
</table>
|      |      | **Career Resource Center** (1st Floor Reitz Union, [www.crc.ufl.edu](http://www.crc.ufl.edu), 392-1601)  
 Individual career counseling, self-assessment tools, and career decision making workshops. |
|      |      | **Center for Student Activities and Involvement** ([http://www.studentinvolvement.ufl.edu/](http://www.studentinvolvement.ufl.edu/))  
Consider getting involved in student organizations that match your major or career interests. |
|      |      | **CLAS Academic Advising Center** (100 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

<table>
<thead>
<tr>
<th>Rec.</th>
<th>Used</th>
<th>Resource</th>
</tr>
</thead>
</table>
|      |      | **C.H.O.M.P.** ([http://www.crc.ufl.edu/students/explore-majors-careers/](http://www.crc.ufl.edu/students/explore-majors-careers/))  
Online assessment through CRC that can help you plan your career goals and select a major. |
|      |      | **Degree Shopping and Tracking Audit** ([one.ufl.edu](http://one.ufl.edu), “student self service”)  
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. |
|      |      | **Majors at UF, by Interest Area**  
[https://warrington.ufl.edu/undergraduate/docs/UFMajorsByInterest.pdf](https://warrington.ufl.edu/undergraduate/docs/UFMajorsByInterest.pdf)  
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; use “Search OOH” on the left. |
|      |      | **Undergraduate Catalog** ([https://catalog.ufl.edu/ugrad/current/Pages/academic-programs.aspx](https://catalog.ufl.edu/ugrad/current/Pages/academic-programs.aspx))  
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>
<thead>
<tr>
<th>Rec.</th>
<th>Used</th>
<th>Resource</th>
</tr>
</thead>
</table>
|      |      | **Informational Interviews** ([http://www.quintcareers.com/informational_interviewing.htm](http://www.quintcareers.com/informational_interviewing.htm))  
Learn what a career field, company or position is really like by talking with individuals in your areas of interest. |