

**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.ufl.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.

Major 1	Major 2	Major 3
Critical Tracking Requirements for term _____		
Additional Courses (e.g. General Education, electives)		

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.

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

Rec.	Used	Resource
		Career Connections Center (Reitz Union, 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/) Consider getting involved in student organizations that match your major or career interests.
		CLAS Academic Advising Center (Farrior Hall, 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) 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 , 392-1575) Individual and group counseling, stress management and biofeedback services.

Online Resources

Rec.	Used	Resource
		C.H.O.M.P. (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/) Determine progress in UF majors and explore courses required for each major.
		Exploratory Advising Website (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-current-students/wp-content/uploads/sites/45/2018/03/majors-at-uf.pdf) Evaluate UF majors grouped by theme and determine the college that offers each major.
		Occupational Outlook Handbook (https://stats.bls.gov/ooh/) View job descriptions, projected growth in the field, and related careers.
		Undergraduate Catalog (https://catalog.ufl.edu/UGRD/programs/) Explore all major, minor, and certificate options at UF.
		“What can I do with a major in…” (http://myplan.com/majors/what_to_do.php) Investigate possible career paths for various majors; for more options, type this question into an internet search engine.

Additional Resources

Rec.	Used	Resource
		Informational Interviews (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.