

Exploratory Advising Guide 2023-2024

University Exploratory Studies Program Overview:

University Exploratory Studies Program (UESP) is the academic home for students who have chosen to explore their options prior to deciding on a major. It is very common for students to be unsure of a major at the beginning of their educational journey or change it along the way. It is at this point that students need to explore courses of interest and complete the [Baccalaureate Core](#). Exploratory students work with both their [Academic Advisor](#) and [Career Development Center](#) as they decide on a major.

OSU Graduation Requirements:

Students pursuing a degree at OSU must meet the following requirements in addition to program and college requirements.

- 180 minimum = total number of credits required to graduate
- 60 minimum = number of upper division credits required
- 45 of last 75 credits must be OSU credits
- Maintain a 2.0 or better university GPA
- Max 135 credits transferred to OSU
- Max 18 W grades (withdraw)
- Max 11 credits PAC

How to Explore

It is important as an Exploratory Student at OSU-Cascades that you are continuously working toward developing a plan and declaring a major that will work for you! Actively explore to determine your goals and commitments to your education.

Research Majors

- Begin your search by completing the self-assessment inventory [Focus 2](#).
- Explore the OSU-Cascades list of [Academic Programs](#) (majors).
- Explore the webpages for the majors that sound interesting to you, reviewing the Degree Requirements, the Career options, and the Course Listings pages to learn more about the program/major.
- Curriculum Checklists are available for each major, in the Degree Requirements tab, to help you understand what courses are required for the major you are exploring.
- Review the sample four-year academic plans for the majors you are most interested in exploring.

Take courses to help you explore majors.

- It is okay to take courses to explore, this is a great way to identify your academic interest in college. Use the list of Exploratory Classes, found later in this guide, to explore the majors you found interesting.
- Many courses can also count towards your Baccalaureate Core.
- Keep in mind pre-requisites coursework as you explore majors.
- Try to step outside of your comfort zone. Take a course that sounds interesting, but you are not already comfortable with.

Talk to Professors and students already in the major you are considering.

- Ask questions about the program and what they enjoy the most about the program.
- Ask questions about careers and professional pathways.
- Based on their responses, start creating a plan about your pathway in the program to see if it is realistic.

Take a Career Development Course or Workshop

- At OSU-Cascades First-Year exploratory students take the *ALS 199: Academic Success & Cascades Edge* course to better prepare as a student and to help you explore resources.
- Attend workshops or events hosted by the [Career Development Center](#) to explore careers in majors.
- Engage in Cascades Edge program to create a plan to actively explore academic and career interest.

Meet with your Academic Advisor each term

- As an exploratory student, you are required to meet with your advisor each term to receive your pin and register for classes. Make sure you schedule to meet early each term, so that you are better prepared and have the most options on courses to explore.
- Your academic advisor can provide ideas and concepts regarding major/minor that would fit with your ultimate goals.
- Checking in each term will help ensure you are on track to making this important decision.
- Set up a meeting with the Academic Advisor for a major of interest to learn more about each program. osucascades.edu/advising/find-your-advisor

Complete the following reflections as part of your exploration checklist:

- What have you learned from this exploration experience?
- Which experiences did you enjoy? What was helpful about it?
- In what ways have these experiences matched up with your interest? Your skills? Your Values? Your personality?
- What unanswered questions do you still have about the majors you have been exploring?

Major/Program Exploration Checklist

Exploration Activity	Term	Reflection Note
<input type="checkbox"/> Take ALS 199: Academic Success & Cascades Edge	Fall Term only	
<input type="checkbox"/> Complete a self-assessment inventory (Focus 2 Career): https://osucascades.edu/cdc/students/choosing-major	Fall Term	
<input type="checkbox"/> Review Major/Program page and/or Online Catalog to learn more about major/program of interest.	Fall Term	
<input type="checkbox"/> Join a student organization related to a major of interest or personal interest.	Fall Term	
<input type="checkbox"/> Develop good studying habits and get support: https://osucascades.edu/learning-lab	Every Term	
<input type="checkbox"/> Take a class (or classes) to learn more about a major of interest	Every Term	
<input type="checkbox"/> Review the “What Can I Do with My Degree” site: https://osucascades.edu/cdc/students/what-can-i-do-my-degree	Fall/Winter	
<input type="checkbox"/> Run a “What If” scenario in MyDegrees for a major of interest	Winter	
<input type="checkbox"/> Meet with professors in a major of interest	Winter	
<input type="checkbox"/> Meet with the Academic Advisors to discuss majors you are interested in: https://osucascades.edu/advising/find-your-advisor	Winter	
<input type="checkbox"/> Meet with the Career Advisor to learn about career opportunities in the majors you are interested in: https://osucascades.edu/cdc/schedule-appointment	Fall/Winter	
<input type="checkbox"/> Attend a Career Development Center event	Every Term	
<input type="checkbox"/> Complete an informational interview	Winter/Spring	
<input type="checkbox"/> Engage in a job shadow for a career or area of interest	Winter/Spring	
<input type="checkbox"/> Use resources on the UESP website (O*NET, Occupational Outlook Handbook, Interest, Values and Abilities Worksheet)	Winter/Spring	
<input type="checkbox"/> Participate in service-learning projects or community service.	Winter/Spring	
<input type="checkbox"/> Explore studying/interning abroad: https://academicaffairs.oregonstate.edu/osugo	Winter/Spring	

BACCALAUREATE CORE Requirements-

<ul style="list-style-type: none"> ▪ Search Bacc Core classes in the Schedule of Classes. ▪ Transfer students who have an AAOT have all Skills and Perspectives completed. ▪ Students with AAOT still need to complete Synthesis for Bacc Core. 		
Skills		Grade
Lifetime Fitness (2cr)	HHS 231 (2cr)	
Lifetime Fitness PAC (1cr)	Physical Activity Course (PAC)	
Mathematics (4cr)		
Writing I (4cr)	WR 121Z	
Writing II (4cr)		
Speech (4cr)		
Perspectives: No more than two courses from the same department may be used to satisfy the Perspectives Categories.		
Cultural Diversity (3-4cr)		
Literature & Arts (3-4cr)		
Soc. Processes & Institutions		
Western Culture (3-4cr)		
Physical Science (4cr)		
Biological Science (4cr)		
Additional Phys or Bio Science (4cr)		
Difference, Power, & Discrimination (3-4cr)		
Synthesis: Must be upper division and no more than two courses from the same department may be used.		
Contemporary Global Issues (3-4cr)		
Science, Tech & Society (3-4cr)		

EXPLORE		
<ul style="list-style-type: none"> ▪ Select classes from a few majors/programs that you would like to explore 		
Major/Program	Student selected courses	Grade

Exploratory Classes for OSU-Cascades Majors

The classes listed below are introduction to the major classes or are Baccalaureate Core (Bacc Core) classes; these Bacc Core classes are required by the major but also fulfill a Bacc Core category. Many of the classes below provide an overview of subject matter that introduces the student to the major field and have few or no prerequisites. Each major has websites that contain course planning information.

American Studies

ENG 253, 254: Survey of American Lit (4)*
HST 201, 202, 203: History of the US(4)*
ES 101: Intro to Ethnic Studies (3)*
AMS 350: American Culture: Vietnam Exp. (4)+*
WR 224: Intro to Fiction Writing (3)*

Art, Media and Technology

ART 101: Intro to the Visual Arts (3)*
ART 121: Computers in Art (4)
ART 115: 2-D Design (4)
ART 131: Drawing (4)
ART 263: Digital Photography (4)
GD 110: Tools and Techniques in GD (4)

Biology

BI 198: Biology Freshman Seminar (1)*
BI 197: Prof. Dev. for Health Professions (1)*
BI 221, 222, 223: Principles of Biology (4)*
BB 332: Molecular Medicine (3)*+
CH 231/261: General Chemistry (5)*
MB 330: Disease and Society (3)*+

Biochemistry and Molecular Biology

BI 198: Biology Freshman Seminar (1)*
BI 197: Prof. Dev. for Health Professions (1)*
BI 221, 222, 223: Principles of Biology (4)*
BB 345: Python for Molecular Biologist (3)+

Business Administration

BA 160: B-Engaged (3)
BA 161: Innovation Nation- Aware. to Act.(3)
BA 260: Intro to Entrepreneurship (4)
EC 201: Microeconomics (4)*

Computer Science

ENGR 100 (4cr) The Oregon State Eng. Student (3)
ENGR 102: Design Eng. & Problem Solv. (3)

Outdoor Products

Economics

EC 201: Microeconomics (4)*
EC 202: Macroeconomics (4)*

Engineering Studies and Energy Systems

Engineering

ENGR 100: The Oregon State Eng. Student (3)*
ENGR 102: Design Eng. & Problem Solv. (3)*

Environmental Science

ENSC 101: Intro to Environmental Science (1)*
CH 121 or CH 231/261: General Chemistry (5)*

Kinesiology

KIN 131: Intro to Kinesiology (1)*
KIN 312: Sociocultural Dimensions of Physical Activity (3) *+
H 100: Intro to Public Health (4)*

Hospitality Management

HM 101: Introduction to Hospitality (4)*
HM 235: Hospitality Law and Labor Relations (4)*

Human Development and Family Sciences

H 100: Intro to Public Health (4)*
HDFS 201: Contemporary Families in the US (3)*
HDFS 311: Child Development (4) +
HDFS 313: Adolescent Development (4) +
HDFS 314: Adult Development & Aging (4)+
HDFS 447: Families and Poverty (4)*+

Natural Resources

FES 365: Issues in Nat. Resource Con. (3)*+
FW 251: Fish and Wildlife Conservation (3)*
FW 350: Endangered Species, Society (3)*+
NR 201: Intro to Natural Resources Mgmt (3)*
SUS 350: Sustainable Communities (4)+

Additional Options based on interest:

OP 101: Intro to Outdoor Products (4)*
SUS 102: Intro to Enviro. Sci & Sustainability (4)*

Political Science

PS 201: Intro to US Gov and Politics (4)*
PS 206: Intro to Political Thought (4)*

Psychology

PSY 201: General Psychology (4)*
PSY 202: General Psychology (4)*
PSY 211: Careers in Psychology (2)*

Social Science

ANTH 210: Cultural Competency (3)*
ANTH 251: Language in the US (3)*
COMM 111Z: Public Speaking (4)*
COMM 218Z: Interpersonal Communication (4)*
PS 201: Intro to US Gov and Politics (4)*
PS 206: Intro to Political Thought (4)*
SOC 204: Intro to Sociology (3)*
SOC 206: Social Problems & Issues (3)*

Sustainability

SUS 102: Intro Env. Sci and Sustainability (4)*
SUS 350: Sustainable Communities (4)*

Teaching: Elementary Education

ED 216: Education in a Democracy (3)*
ED 219: Social Justice, Civil Rights & Multiculturalism
In Education (3)*
MTH 211: Elementary Math for Teachers (4)*

Tourism Recreation and Adventure Leadership

TRAL 130: Intro Outdoor and Adventure Prof. (3)*
TRAL 132: Foundations and History of TRAL (3)*
TRAL 353: Nature Eco and Adventure Tourism (3)+