



Exploratory Advising Guide 2022-23

University Exploratory Studies Program (UESP)

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—total number of credits required to graduate from OSU
- 60—number of upper division credits required
- 45 of last 75 credits must be OSU credits
- Maintain a 2.0 or higher university GPA
- College of Business GPA 2.5 or higher

How to Explore

It is important as an Exploratory Students 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.

Follow the Exploratory To-Do Actions

Research Majors

- Use resources to understand what certain majors are. Begin with OSU-Cascades list of [Academic Programs](#) (majors) and check out each programs' web pages.
- Curriculum Checklists are available for each major to understand what course you would need to take. Make sure you understand the graduation requirements for a major before you declare it.
- Review sample academic plans for ideal majors.

Take courses to help you explore majors

- Use list of [Exploratory Classes](#) (in this document).
- Chose courses that can also be counted for [Bacc Core](#) (OSU).
- Don't explore too long, you only need 180 credits to get a bachelor's degree.



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

- Ask questions about courses you will take.
- Ask questions about careers student have gone into after graduating.
- Plan how you would go about doing this major (is it realistic?).

Take a Career Development Course or Workshop

- OSU-Cascades [Career Development Center](#) offers a variety of workshops to assist students.
- Job Shadow and interview community members in the fields you may consider working in.

Meet with your Advisor Each Term (required for Exploratory Students)

- 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

Baccalaureate Core Checklist

SKILLS

	Health & Fitness	
	Mathematics	
	Writing I	
	Writing II	
	Speech	

PERSPECTIVES

	Cultural Diversity	
	Literature & the Arts	
	Social Processes & Institutions	
	Western Culture	
	Physical Science Lecture & Lab	
	Biological Science Lecture & Lab	
	Additional Science – Biological or Physical, Lecture & Labs	
	Difference, Power and Discrimination	

SYNTHESIS (Upper division 300-400 level courses – OSU only)

*The 2 courses used to fulfill the Synthesis requirement may **NOT** be from the same department.

	Contemporary Global Issues	
	Science, Technology & Society	

EXPLORE choose classes from a major that you would like to explore

EXPLORATION TO-DO LIST

WHAT EXPLORATION ACTIVITIES WILL YOU PURSUE

Exploration Activity	Fall	Winter	Spring
Take ALS 199: U-Engage		NA	NA
Review the “What Can I Do with My Degree” site: osucascades.edu/cdc/students/what-can-i-do-my-degree			
Complete a self-assessment inventory (Focus 2 Career): osucascades.edu/cdc/students/choosing-major			
Run a “What If” scenario in MyDegrees for a major of interest			
Meet with professors in a major of interest			
Meet with an academic advisor in some majors of interest. osucascades.edu/advising/find-your-advisor			
Meet with a Career Advisor to learn about career opportunities			
Attend a Career Center event			
Take a class (or classes) specifically to learn more about a major of interest			
Review the online catalog and/or department web sites to learn more about a major of interest			
Complete an informational interview			
Exploration Activity	Fall	Winter	Spring

Engage in a job shadow for a career area of interest			
Use resources on the UESP web site (O*NET, Occupational Outlook Handbook, Interests, Values and Abilities Worksheet, Exploring Major Options page) - osucascades.edu/cdc/students/choosing-major			
Join a student organization related to a major of interest			
Participate in a service learning (or community service) project			
Consider studying/interning abroad:			
Get Support with your studying: osucascades.edu/learning-lab			

Reflection:

1. What have you learned from these exploration experiences?
2. Which experiences did you enjoy? What was helpful about those particular experiences?
3. In what ways have these experiences matched up with your interests? Your skills? Your values? Your personality?
4. What unanswered questions do you still have about the specific majors you have been exploring?

Exploratory Classes

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 211: Intro to Latina/o Studies
AMS 311: Topics in American Studies
AMS 350: American Culture: Vietnam Experience

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 263: Digital Photography (4)
GD 110: Tools and Techniques in GD (4)

Biology

BI 198: Biology Freshman Seminar (1)*
BI 221, 222, 223: Principles of Biology (4)*
BB 332: Molecular Medicine (3)*+
MB 330: Disease and Society (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)

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 (1) Intro to Environmental Science
CH 231/261 (4) General Chemistry

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 (3) +
HDFS 313: Adolescent Development (3) +
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 102: Intro to Env Sci and Sustainability (4)*
SUS 350: Sustainable Communities (4)*

Outdoor Products

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 (3)*

PSY 202: General Psychology (3)*

Social Science

ANTH 210: Cultural Competency (3)*

ANTH 251: Language in the US (3)*

COMM 111: Public Speaking (3)*

COMM 218: Interpersonal Communication (3)*

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

PS 206: Intro to Political Thought (4)*

SOC 204: Intro to Sociology (4)*

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
Professions (3)

TRAL 132: Foundations and History of TRAL (3)*

TRAL 353: Nature Eco and Adventure Tourism
(3)+

