



Advising Guide & Degree Checklist 2021-'22

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.

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
- 124—maximum number of credits that will transfer from a community college
- 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. Below are suggestions on how to begin exploring:

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 Courses](#).
- 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.

Baccalaureate Core Checklist

SKILLS

- Health & Fitness _____
- Mathematics _____
- Writing I _____
- Writing II _____
- Speech _____

*If admitted as a freshman, Writing I, Math and Speech must be completed within the first 45 credits. Writing II must be completed within the first 90 credits. Transfer students, Writing II, Math and Speech must be completed within the first 45 OSU credits.

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)

*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

- Class from a major to explore: _____
- Class from a major to explore: _____
- Class from a major to explore: _____
- Class from a major to explore: _____

See Exploratory website for tips and information on how to explore:
osucascades.edu/academics/university-exploratory-studies-program

EXPLORATION TO-DO LIST

WHAT EXPLORATION ACTIVITIES WILL YOU PURSUE

| Exploration Activity | Fall | Winter | Spring |
|--|------|--------|--------|
| Take ALS 199: U-Engage | | | |
| 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 or career advisor in a major of interest | | | |
| Seek input from friends or family members | | | |
| Attend a Career Expo or other 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?