

# Exploratory Planning Sheet

This planning sheet is designed as a checklist for exploratory/undecided students. The timeline is a guide with the idea to have completed individual semester checklists as that semester ends. You do not need to follow the checklist in order, and you are welcome to move at a *faster* pace than it suggests.

**In this chart, please circle the stage you are at in deciding on a major:**

No idea	Too many ideas	A few ideas	Somewhat decided	Decided
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## **Semester One: Skills, Values, Interests** (No idea, Too many ideas)

*This semester is meant for assisted exploration. Find out what you are passionate about, what you do well, and what is important to you. This semester can help translate your skills, values, and interests into majors that may be best suited for you.*

- Professional Counseling 201: Academic and Career Exploration** - this is a 1 credit course designed to help you explore your skills, values, interests, and foster research into career fields
- Career and Professional Development**; Student Success Center 125 - meet with a career advisor to see what industries may be a best fit for you
- Counseling Center**; Student Success Center 240 - work with a career counselor to actively discuss your skills, values and interests, as well as take assessments to help aid in your research.
- Undergraduate Advising Resource Center**; Student Success Center 202 - **OR** - **Student Support Services**; Campus Center for Equity and Diversity - work with your assigned academic advisor for further exploration and to determine courses that best fit your academics currently.

## **Semester Two: Resources** (A few ideas)

*This semester is meant for self exploration. Using the information you learned about yourself so far, utilize these resources to further your research into majors and careers.*

- Undergraduate Advising Resource Center**; Student Success Center 202 - **OR** - **Student Support Services**; Campus Center for Equity and Diversity - continue working with your assigned academic advisor to discuss majors of interest and an appropriate academic plan.
- UW Oshkosh Bulletins**; <http://www.uwosh.edu/registrar/undergradbulletins> - see what courses are required for certain majors. See if they align with your skills and interests.
- Talk to Faculty, Students, and Alumni** - connect with individuals in the majors or industries you are considering, and interview them. They can give you first-hand knowledge and experience!
- Department Web Pages** - using the "Google" search on the UWosh.edu homepage, explore your majors of interest. See required courses and other opportunities offered in each program.

## **Semester Three: Career Exploration** (A few ideas, Somewhat decided)

*This semester is meant for career exploration. There are many majors you may have tried or considered at this point - but you also may be wondering how they translate into careers. Use the tools here to help analyze what industry may best fit your majors of interest.*

- ❑ **What Can I Do With A Major In...?** Use this website to determine what sorts of careers you could pursue based on the majors you are currently exploring.
- ❑ **Career and Professional Development;** Student Success Center 125 - meet again with a career counselor to look further into your major/career of interest, and how it translates to the professional world
- ❑ **Job Shadow or Volunteer;** find professionals or organizations in your industries of willing to have you shadow or volunteer. This is a great resume builder and first-hand experience. Career and Professional Development can also help you find professionals to shadow.
- ❑ **Undergraduate Advising Resource Center;** Student Success Center 202 - **OR** - **Student Support Services;** Campus Center for Equity and Diversity - schedule an appointment with your assigned academic advisor to discuss what information you've gathered so far during exploration, and to continue working on your academic plan.
- ❑ **Websites - exploreuse** these websites that have very detailed information about careers and industries:
  - ❑ **Occupational Outlook Handbook (OOH):** <https://www.bls.gov/ooh/>
  - ❑ **O\*Net; Occupational Information Network:** <http://online.onetcenter.org/>
  - ❑ **Majors & Careers Central:** <http://bigfuture.collegeboard.org/explore-careers>
  - ❑ **WISCareers:** <http://wiscareers.wisc.edu/> (UWO Code = osh-c427)

### **Semester Four: Making Decisions** (Somewhat decided, Decided)

*This semester is meant for decision making. You have had about 3 semesters to assess your skills, values, interests, and how they translate into your education and professional world. Use these resources to confirm your thoughts and put your thoughts into action.*

- ❑ **Undergraduate Advising Resource Center;** Student Success Center 202 - **OR** - **Student Support Services;** Campus Center for Equity and Diversity - Meet with an advisor to declare your major and determine what courses you'll need to take moving forward.
- ❑ **Faculty Advisor;** dependent upon major chosen - Meet with a faculty advisor for specialized advising related to your declared major, careers of interest, and academic plan.
- ❑ **Office of Student Research and Creative Activity;** Dempsey 317 - Visit OSRCA and find out what research or activities you can take advantage of to further your education and potential career.
- ❑ **Office of Graduate Studies;** Dempsey 337 - Determine whether you want or need to attend graduate school for your intended career. Visit the Office of Graduate Studies to see what programs UWO has to offer.
- ❑ **Student Organizations** - Find and join a student organization to start building your experience and your resume. This is also a great way to start networking in your field and learning leadership skills.