



Exploration Activity Worksheet

Name: _____ UID: _____
Semester: _____ Date: _____
Advisor: _____ Intended Major: _____

Please place a check in the box next to the activity you participated in:

- College/Major Advising Informational Interview Workshop Attendance
 Career Center Advising Other _____

Date of Activity: _____ Location: _____

Who did you meet with or who conducted the workshop?

What was the topic?

What led you to choose this particular activity?

Provide a brief summary of your experience. Be sure to include information about what topics were covered and what you learned from this experience.

How was this activity helpful in helping you declare a major?



Exploration Activity Worksheet Instructions

Meet with your academic advisor to explore possible Exploration Activities. Use this form to provide feedback. This form must be completed in its entirety and returned to your advisor.

Acceptable Exploration Activities

- An appointment with an advisor in:
 - The Career Center
 - An Academic Major (i.e. Journalism, History, ...)
 - A College (i.e. Arts & Humanities, Computer, Math & Physical Sciences, ...)

- Attendance at a workshop or event sponsored by:
 - The Career Center
 - An Academic Major (i.e. Communication, Art, ...)
 - A College (i.e. Health and Human Performance, Behavioral and Social Sciences, ...)

- An informational interview with a faculty or staff member

If you have questions or concerns, please contact your Academic Advisor.