



EXPLORATION ACTIVITY WORKSHEET MAJOR & CAREER EXPLORATION

Purpose: The exploration activity is designed for students to “explore” opportunities at UM as they relate to student success, majors, careers of interest and other experiences they want to have at Maryland. Advisors are trained to work with students at various stages of their academic development and thus, you and your advisor will determine what type of activity or process you should explore to bring you closer to your academic goals.

Name: _____

UID: _____

Advisor Name: _____

Date: _____

Majors of interest: _____

Part I: Register for Careers4Terps on the University Career Center & The President’s Promise website:
<http://www.careers.umd.edu/>

Part II: Place a check in the box next to the activity(ies) you participated in:

- FOCUS 2
- Candid Career Video
- Internship/Career Search
- InterviewStream (Mock Interview)
- Where UMD Did Graduates Go?
- University Career Center Advising or Career Assistance Appointment
- Other _____

Please provide details of your experience.

Be sure to include, if appropriate, date, time, location, name of the person you met with, name of the video you watched, website URL, etc.

Part III: Provide a brief summary of your findings/experience.

Be sure to include, if appropriate, what topics were covered and what you learned from your experience.

Part IV: Describe how this experience was (or was not) helpful in bringing you closer to your goals.

Did this experience help you identify possible majors? If so, how? If not, what additional information do you think may be helpful? If you already had a few majors in mind, did this experience confirm or narrow down your major interests or are you now interested in different majors? Why?

Updated Major(s) of interest: _____