THE EXPLORATORY JOURNEY
A RESOURCE WORKBOOK FOR EXPLORATORY/UNDECIDED STUDENTS AT GRAND VALLEY STATE UNIVERSITY

LET'S FIGURE OUT YOUR DESTINATION

GRAND VALLEY STATE UNIVERSITY EXPLORATORY STUDY
As an exploratory student, you have the resources and support to continue to explore and expand your knowledge as you seek out your major fit and future career aspirations. During your time as an exploratory student, it is critical for you to take advantage of the resources provided to be aware of all your options. This is also the time to discover who you are and what you want to be and do in the future.

You are only at the start of your journey, and the more you explore and engage, you will find an abundance of resources to assist you in making a decision. There is a wealth of information on this campus, and various people here to support you, but you must actively seek it. Academic Advisors and the Career Center are here to support you in your journey as you find your fit!

In all, this resource WORKBOOK was designed for you. It was designed for you to actively engage and explore as you find your fit.

Now, lets figure out your destination.

Warmly,

the exploratory team

LOCATION: MAK C-1-140 & MAK C-1-120
EMAIL: ADVSTU@GVSU.EDU
PHONE: (616) 331 - 8585
WEBSITE: WWW.GVSU.EDU/CLASADVISING/
MISSION: The Exploratory Program was created to support Exploratory students on a path to self-discovery at Grand Valley State University (GVSU). Students will explore the wide array of majors that GVSU has to offer. The Exploratory Program will empower students to make well-informed decisions regarding their major and career options.

BY PARTICIPATING IN THE EXPLORATORY PROGRAM YOU WILL:

- Connect with campus departments, faculty, staff, and advisors beginning at orientation.
- Exhibit knowledge of campus resources through engagement in campus events including extracurricular and academic activities each semester.
- Be academically successful by recognizing and utilizing campus resources such as tutoring services, The Career Center, etc.
- Communicate effectively and professionally with faculty, staff, and peers.
- Explore and familiarize yourself with GVSU colleges, academic departments, and career opportunities.

BENEFITS OF BEING EXPLORATORY:

Does it feel like you are the only student who does not know your major? Or do you feel like you will be at a disadvantage because you are not sure what you should be majoring in? You are not alone.

There are advantages to exploring various majors:

Students who start as undeclared...

- Are less likely to choose a major based on outside factors like pleasing their parents.
- Have more time to explore their interests, making them more likely to choose a career path that they will enjoy.

Frequently Asked Questions...

Q: What does it mean to explore, and how do I go about doing it?
A: Being an exploratory student means that you are taking the time to think about your interests, future career goals, and your values while you work with a team to figure out the best fit for you! You will work with an academic advisor and the Career Center to support you by exploring majors, taking exploratory-based courses, taking career quizzes, as well as getting involved on campus!

Q: Will being exploratory for a few semesters set me back graduation-wise?
A: Realistically it depends on the major you declare.

Q: What do I need to do to graduate?
A: During your time at GVSU, you will complete three different categories of the curriculum, and earn a minimum of 120 credits. The categories include: major requirements, general education requirements, and electives/Minor credits. Every major is different, but you will complete between 36-89 credits worth of your major courses. You will complete approximately 41 credits of general education requirements which consist of topics such as math, science, arts & humanities, history, and more. With the remaining credits, you can choose between elective courses or minor courses to fulfill them. These courses are for you to use as you wish! You could pick up a minor or take a class outside of your major that is of interest.
MAJOR EXPLORATION ACTIVITY

GVSU has over 300 areas of study to choose from. Can you name them all?

If not, lets go explore!

Step 1: Look at a list of majors (Page 11)

Step 2: Cross out the majors that you would NEVER consider. You can also circle the ones that spark joy. Write a few of them here and discuss your options with an Academic Advisor!

1. 
2. 
3. 
4. 
5.

ACTIVITY:

Take a moment to.....

WORDS OF WISDOM FROM PAST GVSU EXPLORATORY STUDENTS:

Don’t be shy, utilize your resources. Even if they don’t set you on a completely straight path, they will be helpful in exploring your options and narrowing them down.

Weigh your options and don’t let others make a decision for you.

It’s ok not to know what you want to do, don’t let anyone pressure you into choosing a major if you’re not ready.

Find things that you enjoy doing in everyday life, it’s ok not to know what you want to go into right away, explore courses you find interesting and go from there.

You don’t have to feel brave to be brave.

Meet with your academic advisor!!

Find what you’re slightly interested in and talk to people within that major, whether it be students or professors. Look for opportunities and events to bond with them and learn more about the program as a whole.

WHY ARE YOU EXPLORATORY?

Before you can choose a major, it is important to know the reasons you are exploratory and just how uncertain you are about a major, or even a career.

Take a moment to think about why you haven’t yet chosen a major. What are the reasons you are undeclared? What is preventing you from making a decision? Below are a few examples, but be sure to be honest about YOUR reasons for being undeclared.

Some examples, just to name a few, for why some students claim to be undeclared:

- You don’t want to make the “wrong” choice.
- You don’t know yet what information or options are out there, or even where to look for that information.
- You don’t have an interest in any area of study.
- You cannot narrow down your options due to varying interests.
- You aren’t used to having to make your own decisions.
- You are not ready to commit to a choice.
- You have a career chosen but do not know what major fits.
- You are not sure that college is right for you right now.

STOP

Take a moment to.....

You don’t want to make the “wrong” choice.

You don’t know yet what information or options are out there, or even where to look for that information.

You are not ready to commit to a choice.

You are not sure that college is right for you right now.
WHILE THERE ARE SOME WELL KNOWN MAJORS THAT PROVIDE A DIRECT PATH TO A CAREER, THAT IS NOT THE CASE FOR MANY MAJORS. BELOW LISTS OFF SOME TYPICAL MAJOR-CAREER CHOICE OPTIONS.

<table>
<thead>
<tr>
<th>MAJOR</th>
<th>OCCUPATION</th>
<th>COMPANY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nursing</td>
<td>Nurse</td>
<td>County Poverty Reduction Initiative</td>
</tr>
<tr>
<td>Accounting</td>
<td>Accountant</td>
<td>Spectrum Health</td>
</tr>
<tr>
<td>Engineering</td>
<td>Engineer</td>
<td>Frederik Meijer Gardens</td>
</tr>
<tr>
<td>Social Work</td>
<td>Social Worker</td>
<td>Reisinger Law Firm PLLC</td>
</tr>
<tr>
<td>Education</td>
<td>Teacher</td>
<td>Wayne State University Law School</td>
</tr>
<tr>
<td>History</td>
<td>Public Relations &amp; Marketing</td>
<td>Bethany Christian Services</td>
</tr>
<tr>
<td>Allied Health Science</td>
<td>Polysomnographic Technologist</td>
<td>Western Theological Seminar</td>
</tr>
<tr>
<td>Anthropology</td>
<td>Hospitality Coordinator</td>
<td>MI State Police</td>
</tr>
<tr>
<td>Classics</td>
<td>Paralegal</td>
<td>WOOD TV8 Grand Rapids</td>
</tr>
<tr>
<td>Communications</td>
<td>Law Student</td>
<td>Friends of Grand Rapids Parks</td>
</tr>
<tr>
<td>Global Studies &amp; Social Impact</td>
<td>Refugee Case Manager</td>
<td>Grand Valley State University</td>
</tr>
<tr>
<td>English</td>
<td>Director of Admissions</td>
<td>Challenge Mfg. Company</td>
</tr>
<tr>
<td>Criminal Justice</td>
<td>State Trooper</td>
<td></td>
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<tr>
<td>Multimedia Journalism</td>
<td>Morning News Anchor</td>
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<tr>
<td>Philosophy</td>
<td>Communication &amp; Events Coordinator</td>
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<tr>
<td>Recreational Therapy</td>
<td>Assistant Director Career Center</td>
<td></td>
</tr>
<tr>
<td>Computer Science</td>
<td>Business System Analyst</td>
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</tbody>
</table>
CAREER GUIDES BY MAJOR
See where other GVSU Lakers have landed with their major.

WHAT CAN I DO WITH THIS MAJOR?
Highlights career paths related to area of study, identifies potential fields of employments, and ways to develop skills outside the classroom.

PATHWAY U
A free personalized career assessment and exploration tool.

LINKEDIN - GVSU ALUMNI
See where GVSU alumni and students have landed by exploring LinkedIn

FIRST DESTINATION REPORT
Find out where GVSU alumni go in their first jobs

MAJORS LIST
Find out what majors GVSU offers!

MINORS LIST
Review what minors GVSU offers!

CURRICULUM GUIDES
Interested in finding out what courses you would need to take for a major? Review the curriculum guide!

EXPLORATORY COURSES
Review the exploratory courses that you can take!

ACADEMIC ADVISING CENTERS
Each Center advises for various majors, review the advising centers, and which majors they advise for to get further assistance when needed!

WHAT CAREER COMMUNITIES WILL YOU JOIN?

STOP

EXPLORATORY STUDENTS VISIT THE CAREER CENTER TO:

DEVELOP CAREER ACTION PLANS
This is NOT a plan for your ENTIRE life - the goal is to identify the best short (semester) and long-term (annual) steps to prep you for your first stop after GVSU.

LEARN MORE ABOUT MAJORS, OCCUPATIONS AND EMPLOYERS
The world-of-work provides many pathways - how will you know what you want to do without exploring what options are out there?

MEET YOUR CAREER ADVISOR
When you are unsure about your major, there is a career advisor assigned to work with you as you explore majors and careers, develop your action plan, and connect with the world-of-work.

OTHER SERVICES PROVIDED BY THE CAREER CENTER
• Career Assessments and Testing
• US 102 | A Career Exploration Course
• Practice Interviews and Resume Assistance
• Internship Searches
• Connections to Professionals in various Industries
• Career Events, (Internship Fair; On-Campus Job Fair; Employer Showcase)
• Biannual Career Fair (hosted in Fall and Winter Semester)
• Handshake | GVSU’s web-based service providing access to jobs and internships

gvsu.edu/handshake

CAREER COMMUNITIES
Our Career Communities are a way for you to connect with individuals related to specific industry types. Communities provide information, opportunities for exploration, and connections related to your areas of interest. Learn more here!

Communication & The Arts
The Communication and the Arts Community is a space where you can gain information about various areas of creative, expressive, and communication focused professions. Are you a great active listener? Do you enjoy being artistic? Are you a strong writer? These interest areas and more will apply to various opportunities that you’ll learn about in this community.

Healthcare
The Healthcare Community revolves around professions that directly impact others, clinically and non-clinically. Do you enjoy serving others? Can you handle high stress situations? Are you interested in assisting in making the world a better place? These passions and skills can be explored by learning about various opportunities within this community.

Human & Public Service
The Human and Public Service Community covers a wide range of jobs or career interest. Interested in advocating for change? Enjoy communicating ideas and presenting on them? Skilled in critical thinking around various issues? This may be a great community for you!

Education
The Education Community focuses on jobs that involve teaching others or assisting in teaching others in a number of ways. Curious about being a teacher? Interested in education careers outside of a classroom? Have a passion for helping others? This is the right community for you!

STEM
The STEM Community is a space for students who have a desire to innovate, invent, research, analyze, and critically think through various solutions in multiple disciplines. Do you enjoy solving complex problems? Are you skilled in learning new software or programs? Interested in conducting in-depth research? This community will cover a wide range of opportunities that relate to these interests and more!

Business & Entrepreneurship
The Business and Entrepreneurship Community covers a wide range of interests. Interested in working in leadership? Enjoy working with and developing relationships with people? Skilled in critical thinking, analytics, or project management? This community is a great way to explore a wide range of jobs that compliment these interests and so many others.

IMPORTANT ONLINE RESOURCES

EXPLORATORY RESOURCE PAGE
Pathway U Activity
Before reviewing your Pathway U results, list careers that sound interesting to you.

- Research Majors at GVSU
- Enroll in US 102 A Career Education Course
- Take Pathway U
- Meet with an Academic Advisor in the Fall (Outside of Orientation!)
- Attend events to help you explore
- Research various career options
- Narrow down majors you have interest in

Second Year | Transition
Now what are some top career choices based on your Pathway U results?

- Meet with the Career Center
- Attend events to help you confirm interest
- Gain experience in the field
- Meet with an Academic Advisor to determine your academic plan
- Meet with your Faculty Advisor to discuss various options in the field
- Join a career community!
- Declare your major!

First Year | Explore
Bring this ticket to the Majors Fair to be entered into a raffle for some GVSU swag!

Congratulations to you
This is your golden ticket
Greeting to you, the lucky finder of this ticket
You are requested to join us for the:
2023 Majors Fair
01
Wednesday, November
Kirkhof Center
Grand River Room 2250
From 1:00 - 4:00 PM
WHAT SUBJECTS DO YOU ENJOY?

TAKE A MOMENT TO REFLECT UPON THOSE SUBJECTS THAT YOU HAVE COMPLETED BOTH IN HIGH SCHOOL, AND IN COLLEGE UP TO THIS POINT, OR THE COURSES IN WHICH YOU ARE CURRENTLY ENROLLED. THINK ABOUT WHICH COURSES AND SUBJECTS YOU REALLY ENJOYED TAKING AND THOSE IN WHICH YOU FOUND AN INTEREST. LIST THOSE SUBJECTS/COURSES BELOW.

SUBJECTS/COURSES YOU ENJOYED OR FOUND AN INTEREST IN:

WHAT WAS IT ABOUT THOSE COURSES THAT YOU ENJOYED OR LIKED?

WHAT SUBJECTS DO YOU NOT ENJOY?

LIST BELOW THOSE SUBJECTS/COURSES IN WHICH YOU WERE BORED, FRUSTRATED, CONFUSED, AND/OR DID NOT LIKE.

WHAT WAS IT ABOUT THOSE COURSES THAT YOU DID NOT ENJOY OR DID NOT LIKE?
YOU’VE REVIEWED THE WORKBOOK AND COMPLETED THE EXERCISES, SO NOW IT’S TIME TO MAKE AN ACTION PLAN.

BE SURE TO WORK TOGETHER WITH YOUR ACADEMIC ADVISOR ON THIS PLAN.

MAJOR(S) AND/OR MINOR(S) YOU ARE CONSIDERING DECLARING:

WHAT RESERVATIONS DO YOU HAVE ABOUT DECLARING THESE MAJORS/MINORS? DISCUSS THESE CONCERNS WITH YOUR ACADEMIC ADVISOR. REMEMBER, YOU MAJOR DOES NOT ALWAYS DETERMINE WHAT YOU WILL DO FOR THE REST OF YOUR LIFE!

WHAT STEPS DO YOU NEED TO TAKE TO DECLARE AND WHEN MUST YOU ACCOMPLISH THESE STEPS? LIST THIS INFORMATION BELOW:

OTHER TASKS TO CONSIDER (MEETING WITH A NEW ACADEMIC ADVISOR, CHANGING YOUR SCHEDULE, ETC.):
### Exploratory Courses

Below is a list of exploratory-based courses that are broken up into each career community (there can be overlap between a class and various career communities). **Find some exploratory courses that you have an interest in!**

**Courses with parentheses overlap with general education requirements**

<table>
<thead>
<tr>
<th>Human &amp; Public Service</th>
<th>Communication &amp; The Arts</th>
<th>Healthcare</th>
<th>Business &amp; Entrepreneurship</th>
<th>STEM</th>
<th>Education</th>
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<tbody>
<tr>
<td>WGS 200 Introduction to Gender Studies* (SBS)</td>
<td>MOV 101 Foundations of Human Movement Science</td>
<td>HTM 101 Introduction to Hospitality and Tourism</td>
<td>OSH 300 Introduction to Occupational Safety and Health</td>
<td>INT 100 Reflect, Connect, Engage* (PL &amp; GP)</td>
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<tr>
<td>SW 150 Introduction to Social Work &amp; Social Welfare* (SBS)</td>
<td>CSD 100 Introduction to Communication Disorders</td>
<td>ENT 150 Entrepreneurial Quest</td>
<td>MLS 102 Introduction to Medical Laboratory Sciences (1cr.)</td>
<td>EDF 115 Introduction to Education: An Exploration of Schooling in America* (SBS)</td>
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<td>SOC 101 Introduction to Sociology* (SBS)</td>
<td>AHS 110 Introduction to Health Care</td>
<td>BUS 101 Introduction to Business</td>
<td>BUS 201 Legal Environment of Business</td>
<td>PSY 101 Introductory Psychology* (SBS)</td>
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<tr>
<td>PSY 101 Introductory Psychology* (SBS)</td>
<td>AHS 100 Medical Terminology</td>
<td>CHM 109 Introductory Chemistry (Physical Sciences with lab)</td>
<td>GEO 111 Exploring the Earth* (Phy Sc. Lab) (4 cr.)</td>
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<tr>
<td>PLS 211 International Relations* (SBS &amp; GP)</td>
<td>CHM 102 Introduction to Medical Laboratory Sciences (1cr.)</td>
<td>ECO 210 Introductory Macroeconomics</td>
<td>EGR 100 Introduction to Engineering (1 cr.)</td>
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<tr>
<td>PLS 102 American Government and Politics* (SBS)</td>
<td>MLS 102 Introduction to Medical Laboratory Sciences (1cr.)</td>
<td>HTM 175 International Food &amp; Culture (GP)</td>
<td>PH 222 Public Health Concepts</td>
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<tr>
<td>PNH 270 Public &amp; Nonprofit Administration* (SBS)</td>
<td>BIO 120 General Biology I (Life Sciences with lab</td>
<td>4cr.)</td>
<td>HTM 202 International Tourism (GP)</td>
<td>BIO 120 General Biology I (Life Sciences with lab</td>
<td>4cr.)</td>
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<tr>
<td>NRM 150 Introduction to Natural Resources</td>
<td>CHM 115 Principles of Chemistry I (Physical Sciences with lab</td>
<td>4cr.)</td>
<td>PNH 270 Public &amp; Nonprofit Administration* (SBS)</td>
<td>CHM 115 Principles of Chemistry I (Physical Sciences with lab</td>
<td>4cr.)</td>
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<tr>
<td>LS 101 Law in our Lives (SBS)</td>
<td>BIO 180 Careers in Biology</td>
<td>NRM 150 Introduction to Natural Resources</td>
<td>MTH 122 College Algebra</td>
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<tr>
<td>HRT/PLS 105 Introduction to Human Rights* (PL)</td>
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<td>BIO 180 Careers in Biology</td>
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**Now that you have worked through your exploratory workbook, what do you plan to schedule for the next semester/year?**

Curriculum guides for any majors you are declaring can be found [here](https://www.gvsu.edu/exploratory/curriculum-guides-10.htm)

#### Course Planning

<table>
<thead>
<tr>
<th>Fall Semester</th>
<th>CR</th>
<th>Winter Semester</th>
<th>CR</th>
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<td>Semester Credit Total</td>
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<td>Semester Credit Total</td>
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</tbody>
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Advising Centers | Majors | Minors

Brooks College Advising Center
(616) 331-8200 | brooksadvising@gvsu.edu
260 Lake Michigan Hall
https://www.gvsu.edu/brooksadvising/

Advises for:
- Environmental and Sustainability Studies
- Global Studies and Social Impact
- Integrative Studies
- Leadership & Business Fundamentals
- Professional Innovation
- Women, Gender and Sexuality Studies

College of Education and Community Innovation
(616) 331-6890 | ceceadvisor@gvsu.edu
401C Richard M. DeVos Center, Grand Rapids
https://www.gvsu.edu/ceciadvising/

Advises for:
- Criminal Justice
- Hospitality & Tourism Management
- Legal Studies
- Public & Nonprofit Administration
- Social Work
- Education: Birth to Kindergarten

College of Education and Community Innovation Office of Certification & Accreditation
(616) 331-6650 | oca@gvsu.edu
401C Richard M. DeVos Center, Grand Rapids
https://www.gvsu.edu/coe

Certification & Field Placement for:
- Elementary Education
- Secondary Education
- Special Education

College of Health Professions
(616) 331-5900 | cchpss@gvsu.edu
113 Cook-DeVos Center for Health Sciences, Grand Rapids
https://www.gvsu.edu/cchpss/

Advises for:
- Allied Health Sciences – Emphases:
  - General Allied Health Science
  - Health Professional Degree Completion
  - Histotechnology
  - Pre-Physical Therapy
  - Pre-Physician Assistant
  - Applied Food and Nutrition
  - Cardiovascular Sonography
  - Diagnostic Medical Sonography
  - Health Information Management
  - Medical Laboratory Science
  - Radiation Therapy
  - Recreational Therapy
  - Respiratory Care

College of Liberal Arts & Sciences
(616) 331-8585 | advstu@gvsu.edu
C-1-120 and C-1-140 Mackinac Hall
https://www.gvsu.edu/clasadvising

Advises for:
- Exploratory Study (Undecided)
- Advertising and Public Relations
- Anthropology
- Art – Studio Art
- Art Education
- Art History
- Behavioral Neuroscience
- Biochemistry
- Biology
- Biomedical Sciences
- Cell & Molecular Biology
- Chemistry
- Classics – Greek/Latin
- Communication Studies
- Dance
- Earth Science
- English
- Exercise Science
- French
- Geography
- Geology
- German
- History
- Integrated Science
- International Relations
- Mathematics
- Microbiology
- Multimedia Journalism
- Music
- Music Education
- Natural Resources Management
- Pedagogical Content Knowledge for Elementary Teaching:
  - PK – 3
  - 3 – 6
  - Elementary Spanish
  - ESL
  - Special Education
  - Philosophy
  - Photography
  - Physics
  - Political Science
  - Preprofessional Preparation
  - Psychology
  - Social Studies
  - Sociology
  - Spanish
  - Sport Management
  - Statistics
  - Theatre
  - Wildlife Biology
  - Writing

Kirkhof College of Nursing
(616) 331-7160 | kcon@gvsu.edu
401C Richard M. DeVos Center, Grand Rapids
https://www.gvsu.edu/kcon/oss

Advises for:
- Nursing
- Pre-nursing

Seidman College of Business
(616) 331-7500 | go2gvbiz@gvsu.edu
1041 L. William Seidman Center, Grand Rapids
go2gvbiz@gvsu.edu
https://www.gvsu.edu/seidman/undergraduateprograms

Advises for:
- Accounting
- Business Economics
- Economics
- Finance
- General Business
- General Management
- Human Resources Management
- Management Information Systems
- Marketing
- Operations Management
- Supply Chain Management

Padnos College of Engineering and Computing
(616) 331-6025 | pcecadvising@gvsu.edu
101 Eberhard Center, GR & B-3-241/249 MAK Hall
go2gvbiz@gvsu.edu

Advises for:
- Biomedical Engineering
- Computer Engineering
- Computer Science
- Cybersecurity
- Electrical Engineering
- Information Systems
- Information Technology
- Interdisciplinary Engineering
- Mechanical Engineering
- Occupational Safety and Health Management
- Product Design and Manufacturing Engineering
- Natural Resources Management
- Nonprofit Administration
- Occupational Safety and Health
- Philosophy Minor
- Photography Minor
- Physics Minor
- Political Science Minor
- Psychology Minor
- Public Administration Minor
- Religious Studies Minor
- Sociology Minor
- Spanish Minor
- STEM Ethics Minor
- Studio Art Minor
- Sustainable Urban & Regional Planning
- Theatre
- Writing

Accounting
- Earth Science
- East Asian Studies
- Economics
- Engineering Science
- Environmental and Sustainability Studies
- Ethics, Culture, and Society
- Event Sustainability Management
- Geology
- Geospatial Technology
- German
- Health Care Ethics
- Health Care Information Systems
- History
- History of Science
- Hospitality and Tourism Management
- Human Rights
- Information Security Systems
- Information Systems
- Information Technology
- International Business
- International Relations
- Juvenile Justice
- Latin American and Latino/a Studies
- Women, Gender, & Sexuality Studies
- Legal Studies
- Lesbian, Gay, Bisexual, Transgender, Queer Studies
- Management
- Marketing
- Mathematical Statistics
- Mathematics
- Middle East Studies
- Movement Science
- Music
- Natural Resources Management
- Nonprofit Administration
- Occupational Safety and Health
- Philosophy Minor
- Photography Minor
- Physics Minor
- Political Science Minor
- Psychology Minor
- Public Administration Minor
- Religious Studies Minor
- Sociology Minor
- Spanish Minor
- STEM Ethics Minor
- Studio Art Minor
- Sustainable Urban & Regional Planning
- Theatre
- Writing