THE EXPLORATORY A RESOURCE WORKBOOK FOR JOURNEY EXPLORATORY/UNDECIDED STUDENTS



IF YOU DO NOT KNOW WHAT MAJOR OR CAREER OPTION IS BEST FOR YOU, DON'T WORRY, WE ARE HERE TO HELP YOU FIND YOUR FIT.

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 GUNNALYS@GVSU.EDU 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.



ALYSSA MYERS



IAMIE DORMAN DORMAN@GVSU.EDU



PROWANJA@GVSU.EDU

NOW, LETS FIGURE OUT YOUR DESTINATION.

WARMLY,

THE EXPLORATORY TEAM

Approximately 75% of the college students nationwide who declare a major will change at least once during their college careers.



KHALAYA DANIELS DANIELSK@GVSU.EDU



LOCATION: MAK C-1-140 & MAK C-1-120

EMAIL: ADVSTU@GVSU.EDU

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, TAKE 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 MIMIMUM 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.















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.



ACTIVITY:

TAKE A MOMENT TO.....

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.

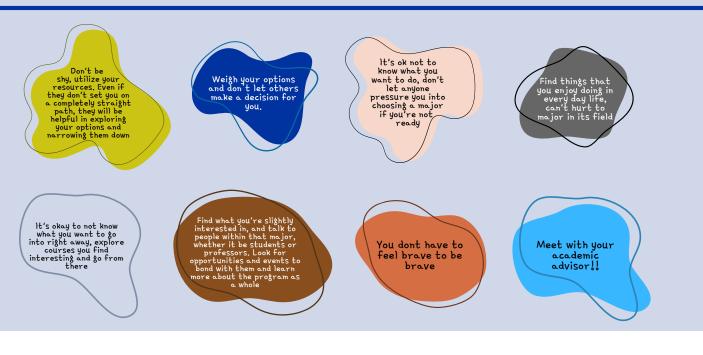
2.

3.

4.

5.

WORDS OF WISDOM FROM PAST GVSU EXPLORATORY STUDENTS:



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.



OCCUPATION

Nursing

Nurse

Accounting

Accountant

Engineering

Engineer

Social Work

Social Worker

Education

Teacher

HOWEVER, MORE OFTEN THAN NOT MAJORS ARE NOT LINKED TO A SPECIFIC JOB OR CAREER, BUT INSTEAD CAN PREPARE YOU FOR A BROAD RANGE OF CAREER OPTIONS.

MAJOR

OCCUPATION

COMPANY

History	Public Relations & Marketing	County Poverty Reduction Initiative
Allied Health Science	Polysomnographic Technologist	Spectrum Health
Anthropology	Hospitality Coordinator	Frederik Meijer Gardens
Classics	Paralegal	Reisinger Law Firm PLLC
Communications	Law Student	Wayne State University Law School
Global Studies ど	Refugee Case Manager	Bethany Christian Services
Social Impact		
English	Director of Admissions	Western Theological Seminar
Criminal Justice	State Trooper	MI State Police
Multimedia Journalism	Morning News Anchor	WOOD TV8 Grand Rapids
Philosophy	Communications & Events Coordinator	Friends of Grand Rapids Parks
Recreational Therapy	Assistant Director Career Center	Grand Valley State University
Computer Science	Business System Analyst	Challenge Mfg. Company

CAREER CENTER

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
- <u>Practice Interviews</u> and <u>Resume Assistance</u>
- 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 gysu.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. <u>Learn more here!</u>



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.



Human & Public Service

The Human and Public Service Community covers a wide range of jobs or career interests. 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!



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!



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 in 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.



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!



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

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?

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FIRST YEAR EXPLORE	SECOND YEAR TRANSITION
RESEARCH MAJORS AT GVSU	MEET WITH THE CAREER CENTER
ENROLL IN US 102 A CAREER EDUCATION CONTRIBET	ATTEND EVENTS TO HELP YOU CONFIRM INTEREST
TAKE PATHWAY U	GAIN EXPERIENCE IN THE FIELD
MEET WITH AN ACADEMIC ADVISOR IN THE FALL (OUTSIDE OF ORIENTATION!)	MEET WITH AN ACADEMIC ADVISOR TO DETERMINE YOUR ACADEMIC PLAN
ATTEND EVENTS TO HELP YOU EXPLORE	MEET WITH YOUR FACULTY ADVISOR TO DISCUSS VARIOUS OPTIONS IN THE FIELD
RESEARCH VARIOUS CAREER OPTIONS	JOIN A CAREER COMMUNITY!
NARROW DOWN MAJORS YOU HAVE INTEREST IN	DECLARE YOUR MAJOR!
PATHWAY U ACTIVITY	NOW WHAT ARE SOME TOP CAREER CHOICES BASED ON
BEFORE REVIEWING YOUR PATHWAY U RESULTS, LIST CAREERS THAT SOUND INTERESTING TO YOU.	YOUR PATHWAY U RESULTS?
BEFORE REVIEWING YOUR PATHWAY U RESULTS, LIST	
BEFORE REVIEWING YOUR PATHWAY U RESULTS, LIST	
BEFORE REVIEWING YOUR PATHWAY U RESULTS, LIST	

BRING THIS TICKET TO THE MAJORS FAIR TO BE ENTERED INTO A RAFFLE FOR SOME GVSU SWAG!



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 THOS 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, FRUSTRATE CONFUSED, AND/OR DID NOT LIKE.
WHAT WAS IT ABOUT THOSE COURSES THAT YOU DID NOT ENJOY OR DID NOT LIK
WHAT WAS IT ADOUT THOSE GOURSES THAT YOU DID NOT ENJOY OR DID NOT LIK

YOU'VE REVIEWED THE WORKBOOK AND COMPLETED THE EXERCISES, SO NOW IT'S TIME TO MAKE AN ACTION PLAN.

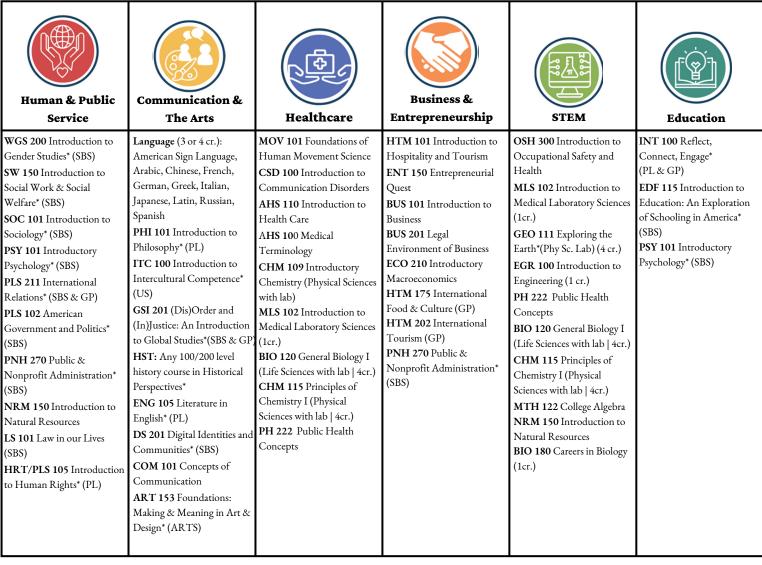
BE SURE TO WORK TOGETHER WITH YOUR ACADEMIC ADVISOR ON THIS PLAN.

	MAJOR(S) AND/OR MINOR(S) YOU ARE CONSIDERING DECLARING:	
	RVATIONS DO YOU HAVE ABOUT DECLARING THESE MAJORS/MINORS? I	
	NCERNS WITH YOUR ACADEMIC ADVISOR. REMEMBER, YOU MAJOR DOE WAYS DETERMINE WHAT YOU WILL DO FOR THE REST OF YOUR LIFE!	AS NOT
	WATS DETERMINE WHAT TOO WILL DO FOR THE REST OF TOOK EHE.	
WHAT STE	PS DO YOU NEED TO TAKE TO DECLARE AND WHEN MUST YOU ACCOM	PLISH
	THESE STEPS? LIST THIS INFORMATION BELOW:	
OTHER TASK	S TO CONSIDER (MEETING WITH A NEW ACADEMIC ADVISOR, CHANGIN	NG 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



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 HTTPS://WWW.GVSU.EDU/EXPLORATORY/CURRICULUM-GUIDES-10.HTM

Course Planning

CR	Winter Semester	CR
	Semester Credit Total	
	CR	

(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 | ceciadvisor@gvsu.edu 401 W. Fulton Street 321C DeVos Center 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 Geology Certification & Accreditation

(616) 331-6650 | oca@gysu.edu

401C Richard M. DeVos Center, Grand Rapids Health Communication https://www.gvsu.edu/coe

Certification & Field Placement for:

Elementary Education Secondary Education Special Education

College of Health Professions

(616) 331-5900 | 113 Cook-DeVos Center for Health Sciences, Grand Rapids

chpss@gvsu.edu https://www.gvsu.edu/chpss/Teaching:

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

Brooks College Advising Center College of Liberal Arts & Sciences Kirkhof College of Nursing

(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

English

Exercise Science Film & Video Production

Fisheries and Aquatic Sciences

French Geography

Geology-Chemistry

Health and Physical Education for K-12

History

Integrated Science **International Relations**

Mathematics Microbiology

Multimedia Journalism

Music

Music Education

Natural Resources Management

Pedagogical Content Knowledge for Elementary

PK - 3

Elementary Spanish

Special Education

Philosophy Photography Physics

Political Science

Preprofessional Preparation

Psychology Social Studies Sociology Spanish

Sport Management

Statistics Theatre Wildlife Biology Writing

African/African American Studies Aging and Adult Life Anthropology Applied Communication Applied Linguistics Applied Statistics Arabic Archaeology Art History Biology Biomedical Engineering Business Cannabis Operations Management Cell and Molecular Biology Chemistry Chinese Language Classics Computer Engineering

Accounting

Adventure Tourism Management

Advertising and Public Relations

Computer Science Communication & Public Advocacy Criminal Justice Cybersecurity Dance Data Science Digital Studies Early Childhood Education

(616) 331-7160 | Daniel and Pamella DeVos Center for Interprofessional Health, Suite 415 GR

kcon@gvsu.edu

gvsu.edu/kcon/oss

Advises for:

Nursing Prenursing

Seidman College of Business

(616) 331-7500 | go2gvbiz@gvsu.edu

1041 L. William Seidman Center, Grand Rapids go2gvbiz@gvsu.edu

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

gvsu.edu/pcec/advising

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

MINORS

East Asian Studies Economics Engineering Science English Environmental and Sustainability Studies Ethics, Culture, and Society Event Sustainability Management French Geography-Teacher Certification Geology Geospatial Technology German Health Care Ethics Health Care Information Systems History History of Science Hospitality and Tourism MGMT Human Rights Information Security Systems Information Systems Information Technology International Business

International Relations

Invenile Instice

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 Latin American and Latino/a Studies Women, Gender, & Sexuality Studies