**Exploratory Studies Exploration Plan**

Name:

V#:

Starting Term:

**Three Term Course Projection**

With your advisor, create a three term plan with courses that align with your interests, skills,

academic goals and occupational goals.

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| --- | --- | --- | --- | --- | --- |
| **Term 1** | **Credits** | **Term 2** | **Credits** | **Term 3** | **Credits** |
|  |  |  |  |  |  |
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|  |  |  |  |  |  |

**Self-Exploration**

List 3-6 strengths or areas you feel most confident in

1.

2.

3.

4.

5.

6.

**Majors to Research Further/**

**Potential Career Paths**

After reviewing the [Academic Programs at WOU](https://catalog.wou.edu/content.php?catoid=10&navoid=1824), list three majors you wish to research and explore further. Using the majors listed on the left, fill out the chart to identify possible career paths related to each major.

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| --- | --- | --- | --- |
| **Major** | **Possible Career** | **Possible Career** | **Possible Career** |
|  |  |  |  |
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**Exploratory Studies Checklist**

**Fall Term**

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| --- | --- | --- |
|  | **Exploration Activity** | **Notes** |
|  | Meet w/ assigned advisor |  |
|  | Review major intro courses and fill out a three term course projection | -During advising appointment |
|  | Generate a list of skills/strengths | -During advising appointment |
|  | Take a self-assessment quiz* [Interest Profiler](https://www.mynextmove.org/explore/ip)
* [Myers-Briggs](https://www.16personalities.com/free-personality-test)
* [Holland Code](https://www.truity.com/test/holland-code-career-test)
 | -After advising appointment |

**Winter Term**

|  |  |  |
| --- | --- | --- |
|  | **Exploration Activity** | **Notes** |
|  | Meet w/ assigned advisor |  |
|  | Review WOU majors & list top three on Exploration Plan* [Academic Programs](https://catalog.wou.edu/content.php?catoid=10&navoid=1824)
 | -During advising appointment |
|  | Complete a major exploration activity:* Meet w/ a major advisor
* Attend a club meeting for a major (EX: Criminal Justice Club)
* Attend “What’s My Major” Jeopardy
 | -After advising appointment |

**Spring Term**

|  |  |  |
| --- | --- | --- |
|  | **Exploration Activity** | **Notes** |
|  | Meet w/ assigned advisor |  |
|  | Identify possible careers related to majors of interest and list on Exploration Plan | -During advising appointment |
|  | Complete a career exploration activity:* Meet w/ [CPP](https://wou.edu/professional-pathways/)
* Do a job shadow
* Conduct an informational interview
 | -After advising appointment |