Academic and Career Planning

Advising

Office of Academic Advising

364 Oregon Hall
advising.uoregon.edu

The University of Oregon offers undergraduate students a choice of more than 2,000 courses. Out of these courses individualized programs emerge, reflecting each student's special interests, goals, and aspirations. Translating these goals and interests into courses, majors, and minors requires careful planning. For this reason, students must seek the assistance of academic advisors and may not complete their first term's registration without discussing options with an advisor.

The importance of program planning cannot be overemphasized. A sound academic program indicates a growing intellectual maturity and sharpening of focus. A poorly planned program demonstrates the lack of clear direction.

The faculty advisor provides the student with an intellectual framework in which intelligent planning and decision-making can be completed, so students are strongly urged to consult advisors regularly. The university considers advising an extension of teaching and regards it as a primary responsibility of faculty members, who schedule time each term especially for advising.

Students who have declared majors are assigned to faculty advisors in their departments. The Office of Academic Advising coordinates advising for students who have not declared majors and for those interested in law professions. See also Academic Advising in the **Undergraduate Studies** section of this catalog.

General Principles in Program Planning

1. To earn a degree in four years (twelve terms), students should average 15 credits a term. In planning a term's studies, students should anticipate that each credit requires at least three hours a week for class meetings or homework
2. Each term's schedule should be planned to include the university bachelor's degree requirements and requirements for the major. Major requirements are listed in this catalog under the academic department headings. Students who have not selected a major should spend some time exploring possible majors
3. Students should read the course descriptions in this catalog and the notes in the class schedule to learn course pre- or corequisites
4. Many university major disciplines and courses require competence in mathematics. Mathematics should be started in the first year
5. A second language, whether required or elective, should also be started in the first year if possible. Students planning to study abroad on an international exchange program during the sophomore or junior year should achieve competence in a language early
6. Each student should prepare a four-year model program of courses and discuss the program with the assigned departmental faculty advisor
7. New students might want to explore some special curricular programs: Freshman Interest Groups, Transfer Seminars, Freshman Seminars, College Scholars, and Faculty Perspective Seminars. These programs should be investigated early in the first year
8. Sound planning is necessary to design a program that combines courses demanding extensive reading, daily exercises, laboratory work, and lengthy papers
9. Planning might also include the use of university resources for improving skills in reading, computation, note-taking, test-taking, and writing

Academic Majors, Minors, and Careers

University of Oregon undergraduate students must complete at least one academic major to graduate. A minor is another way to focus studies toward career and interest areas. Inquiries about minors should be directed to specific departments. Faculty advisors in the respective departments are the best sources of information about majors and minors.

Career Planning

Career Center

Hendricks Hall, Second Floor
career.uoregon.edu

Establishing Goals

Setting clear and achievable goals for the college years is very important. In addition to selecting a major before the end of the second year and participating in internships or volunteer work, it is also important to identify the skills and the knowledge you are interested in strengthening and creating a plan to achieve that goal.

Identifying a Career

Although the availability of employment is important in choosing majors and careers, it should not be the only consideration. Students should determine if their strengths are being used and developed in the major field they have chosen and if their interests lie in that field. Assistance in determining both strengths and interests is available to students from a variety of sources at the Career Center.

Career Assessment Program

The program uses inventories to clarify interests, skills, work-related values, and work environment preferences through sessions held at the Career Center. A counselor interprets the results.

Gathering Career Information

Students can find information about careers in the following resources:

Website and Career Resource Area

The Career Center's website provides links to career resources and opportunities, job and internship databases, including internships, part-time jobs, on-campus and work-study jobs, full-time career positions, and international opportunities. The Career Resource area in 244 Hendricks Hall has information on a multitude of career areas organized for easy exploration.

Career Connections Program

Career Connections is a two-credit course that focuses on developing job search skills, networking, and taking part in informational interviews with professionals in a field of the student's interest. Seminar: [Topic] (CAS 407) (Career and Academic Major Decisions) is a course designed for students who are uncertain about selecting a major or career path, and

is helpful for freshman, sophomores, and juniors. Seminar: [Topic] (CAS 407) (Prepare for Job and Internship Search) is designed for students who are ready to begin their job search and is useful for juniors and seniors. Class meeting dates and times are posted in the UO Class Schedule under CAS 407.

Go Intern! Program

The Go Intern! program offers students academic credit for engaging in supervised, preprofessional, career-related learning experiences. Students gain professional experience, develop skills, explore career fields, and contribute to the goals of their internship site, all while earning credit. More information about the program is provided on the Career Center website.

Experience More Program

The Experience More Program provides seminars and workshops to enhance student success at the University of Oregon. The program is designed to help students attain more out of the college experience as well as to improve retention among students, including freshmen, sophomores, undeclared juniors, international students, nontraditional students, and transfer students. Covered topics include identification of strengths and interests, making meaning, Oregon community, relationship-building, and experiential learning. More information about the program is provided on the Career Center website.

Career Fairs and Events

The Career Center brings representatives from local, national, and international companies and organizations to career and internship fairs throughout the academic year. Attending career fairs, employer presentations, and industry panels can clarify for students specifics about potential careers and employer expectations. In addition, the Career Center hosts a multitude of events throughout the year designed to enhance student career development as well as the opportunity for students to interact with employers. Topics, dates, and times are posted on the Career Center website.

Group Sessions and Workshops

The Career Center hosts several sessions each term on a variety of career topics, including self-assessment (Myers-Briggs Type Indicator and Strong Interest Inventory) and job and internship strategies, such as résumé and cover letter writing, interviewing skills, internship and full-time job search, and how to find a part-time job while attending college, among others. Dates and times are posted on the Career Center website.

Career Decisions

Direct involvement in a part-time job, class project, internship, or practicum can provide insight into potential careers. These experiences strengthen skills, improve employment potential, and help to confirm career direction. The Career Center can help students to facilitate these experiences.