Academic and Career Planning

Advising

Office of Academic Advising

101 Oregon Hall
advising.uoregon.edu (http://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 with an academic advisor. University of Oregon advisors collaborate with students to help them achieve their personal goals, academic potential, and professional success.

Advisors provide students with a declared major a framework in which planning and decision-making may be efficiently completed. Exploring students should work with advisors in Tykeson Hall (see Willie and Donald Tykeson Hall below) early and often to explore interests. Students are strongly urged to consult advisors regularly each term. Students are also encouraged to speak with faculty members regularly. Faculty can provide insight, guidance and mentorship within their areas of discipline and research.

The Office of Academic Advising supports new students in their transition to the university, as well as any student seeking guidance to achieve academic success. The office works closely with students in academic distress who may need particular assistance around navigating campus resources. See also Academic Advising in the Undergraduate Studies (http://catalog.uoregon.edu/archive/2020-2021/undergraduate/) section of this catalog.

General Principles in Program Planning

1. To earn a degree in four years (12 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 an advisor
7. New students might want to explore some special curricular programs such as Freshman Interest Groups and Academic Residential Communities, and should be investigated prior to or during orientation
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.

Willie and Donald Tykeson Hall

tykeson.uoregon.edu (https://tykeson.uoregon.edu/)

Willie and Donald Tykeson Hall, the college and careers building, offers students an integrated academic and career model focusing around one of six central themes called *flight paths*. These thematic paths guide students in exploring and planning the academic and career paths that aligns with their values, skills, and interests. Students exploring options who are not yet ready to declare a major, who are premajors in a particular field, or who wish to declare a major should consult with advisors in Tykeson Hall. The advisors help plan programs that best suit each student's academic and career goals. Freshman students must declare their majors by the end of their second year; transfer students must declare their majors by the end of their first year.

Career Planning

University Career Center

Willie and Donald Tykeson Hall
career.uoregon.edu (https://career.uoregon.edu/)

The University Career Center, a unit of the Division of Student Life, exists to support the career readiness, preparation, and professional development of UO students. Students have an opportunity to learn about career options and paths, develop strategies to find and prepare for part-time jobs, internships, and full-time career opportunities, and meet potential employers. See also University Career Center in the Student Services (http://catalog.uoregon.edu/archive/2020-2021/studentservices/) section of this catalog.