

Career Exploration Day

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Introduction

Xia Xiong-Vang (she/her), Sociology major, communications minor

Magaly Ortiz (she/her), Spanish and Philosophy majors

Session Overview and Plan:

1. Introduction: Who we are? Our career paths, stories, videos? (5)
 - a. Who is your academic advisor?
2. Career and majors: Group work and advising approach (10 minutes)
 - a. Students work in groups
 - i. Questions on google jamboard
 - b. Advisors address general questions and concerns (10 minutes)
3. Overview of timeline (20 minutes)
 - a. Important dates
 - i. Registration this Spring
 - ii. Summer 2024
 1. Job, volunteering, taking care of yourself (resting, transitioning to fall)
 - iii. Avoiding probation
 1. Drop/withdraw/Pass /No pass
 2. Academic/financial petition
 - iv. Declaring a major -ideally by end of fall semester 2024
 - v. Choosing Faculty advisor if don't have one
 1. Yes, you can choose your faculty mentos/advisor. How?
 2. Communicating with advisors and professors *importance of meeting, creating relationships
 - b. What are the big things that are coming: Applications (job, scholarships, grad school, internships)
4. Closing, last comments, questions, concerns (1-2 minutes)

Career & Major Exploration

What questions do you have about choosing a major? Career path?

What concerns do you have?

[Jamboard Activity](#)

Major/Degree timeline

Spring 2024: To do/look for

Check your degree audit: Courses that should be completed by the end of your first year

- Math
- Writing

Spring semester 2024 registration important Dates, starting April 1st (April 8 first yrs)

- Records & Registration (registration time is based on # of completed credits)

Major/Degree timeline

Spring 2024: To do/look for Continue

Plan for the Summer

- Summer flies by, get organized
 - Goals, schedule, opportunities
- Review finances
- Meet with people (faculty and staff) before they go on break
- Apply for scholarships for next year

Major/Degree timeline

Summer 2024: To do/look for

- Continue building your resume
 - Experiences: Work, volunteer, family & community involvement
 - Continue exploring interests
 - Conversations with mentors, professors, advisors, family, friends, community/faith leaders
 - Look for those scholarships and funding
- Self-Care
 - Do things you love
 - Spend time with people you love/enjoy being with
 - Find what gives you energy/fill your bucket
 - Mental health is health: [College Mental Health](#) [CWC Link](#)

—>>Prepare for Fall 2024, get into the routine, check emails, review syllabus

Major/Degree timeline

Fall semester 2024: To do/look for

- Faculty mentor will be assigned based on major declaration
- Declare major by end of fall semester (to avoid not graduating on time)
 - Change/add in R&R
- Request faculty mentor
 - What is the difference between a faculty mentor and an academic advisor?
 - Why is it important to communicate and meet with faculty? Why go to office hours even if you don't have questions?

Major/Degree timeline

Continue: importance of connecting with faculty

Research opportunities and graduate school down the line:

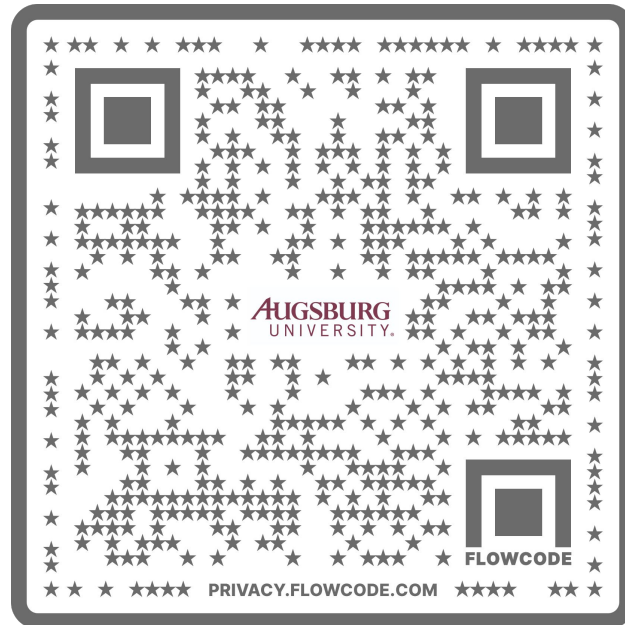
- TRIO McNair [Link](#)
 - Location: Hagfors 101C
 - When to apply: Spring of sophomore year
- URGO: [Link](#)
 - Location: Hagfors 101 C
 - When: Spring of sophomore year
- Strommen [Link](#)
 - Location: Christensen Center 100
 - When: Now

Major/Degree timeline

Good academic standing: cum gpa 2.0, completion rate above 66.67%, and yes Ws count.

- Avoid academic probation
 - Be aware of add/drop/withdraw deadlines
 - Be aware of grading options and effects of overall completion rate
- Financial Aid
 - Be aware of add/drop/withdraw deadlines and financial aid implications
 - Be aware of how financial aid is tied to # of registered credits each semester
 - Be aware of deadlines

Please Complete Workshop Evaluation!



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