

# **ACADEMIC PLAN**

## **FRESHMAN YEAR**

### ***I. Establish a Relationship with your UST Advisor***

Academic Advisors in the University Studies Program are available to help you discuss options for majors and to assist you in the transition to the university. If you develop a connection with your advisor, it may increase the likelihood that you'll feel comfortable speaking about your interests, thus determining your major in a timely fashion.

1. Continue to assess yourself.
2. Enroll in and complete a First Year Experience course (UNIV101).
3. Select academic courses that will help you explore special topics and interests during your first semester.
4. Work with your academic advisor to schedule a reasonable amount of courses and credits during the first semester. This may ensure that you are not overwhelmed and can perform at a very high academic level. Beginning your UD career with a strong GPA will provide opportunities to compete for a variety of programs once you formalize potential majors.
5. Schedule a minimum of one individual advising session with your academic advisor this semester. You should also feel free to meet with your advisor more than once each semester.
6. Maintain communication with your advisor through email, telephone and walk-in meetings.
7. When advisors notify you of opportunities and information sessions, make an effort to attend. These activities are designed to assist you in the process of determining your major.

### ***II. Begin Exploring Majors and Careers***

1. Continue building the relationship with your academic advisor through consistent meetings and communication.
2. Examine the majors that are available to you at the University of Delaware more closely. Utilize the undergraduate catalog as a guide to the diverse programs that may interest you.
3. Try to eliminate majors you are certain you will not enjoy based on strengths, weaknesses and interests.
4. Select academic courses that will help you explore specific and academic interests. Discuss taking introductory courses in the major you are considering with your academic advisor.
5. Inquire about requirements for acceptance into competitive programs. Learn about admission criteria, GPA requirements, and pre-requisite courses.
6. Attend workshops offered by Career Services and the University Studies Program.
7. Explore and begin to participate in co-curricular activities that will help you to uncover areas of interest.
8. Begin developing a resume.

## **SOPHOMORE YEAR**

### ***I. Maintain Academic Advising Relationship***

1. Communicate with your advisor about your academic progress on a consistent basis.
2. Notify your advisor of any changes in your ideas and/or interests.
3. Maintain contact with your advisor through email, telephone and walk-in meetings.
4. Continue to explore majors and careers that are interesting to you.
5. Attend individual academic advising appointments to continue planning your academic future here at UD.
6. Consider the feasibility of your potential major and begin considering an alternate major if possible.
7. Select academic courses that will help you explore more specific academic interests. Try to enroll in courses that will work towards specific programs in which you are interested.
8. Speak with your academic advisor and a career consultant who can help you evaluate the information you have collected thus far, suggest additional resources and guide you through the decision making process.
9. Continue to develop your resume.

## ***II. Continue the Exploration Process***

1. Attend workshops offered through Career Services and the University Studies Program.
2. Investigate major interests (attend Major/Career Fairs, information sessions, talk with faculty members and others in fields of interest; seek input from peers and family).
3. Sample and enroll in courses in your potential major/minor if possible.
4. Participate in academic and co-curricular activities (volunteer work, community services, study abroad).
5. Meet with a career consultant if you are having difficulty narrowing your options.
6. Talk to people who work in the career fields you are considering. Ask them about their majors and how it prepared them for their current job.

## ***III. Evaluate your options and make your Decision***

1. Consider what you have learned and weigh the pros and cons of each option. Be sure that the academic major you're considering fits with your academic strengths and abilities.
2. Consider the feasibility of your potential major and determine an alternate major or options for a minor.
3. Speak with your academic advisor and a career consultant who can help you evaluate the information you have collected, suggest additional resources and guide you through the decision making process.
4. Begin exploring and inquiring about internships and externships through Career Services.
5. Apply to the college/department of your choice or declare the major in UDSIS.

## **JUNIOR YEAR**

### ***Transition to Academic Department***

1. Apply to college/department or declare the major.
2. Check UDSIS for your new academic advisor's name. If you are not assigned a new advisor, contact your department to be assigned to a faculty advisor.
3. Network with faculty members and instructors within your department.
4. Establish and maintain a relationship with your faculty advisor. They may be instrumental in recommendation letters that will assist you in furthering your education or gaining employment.
5. Inquire about opportunities that are available within your department, as well as opportunities for research within your department and/or practicum requirements.
6. Continue to build your resume through specific experiences that are related to your major and potential career.
7. Complement coursework with extra-curricular activities, internships, employment, job shadowing, volunteer work and community service.
8. Begin exploring graduate programs and appropriate testing (GRE, MCAT, LSAT, etc) if you desire to continue with your education once you've completed your bachelor degree.

## **SENIOR YEAR**

### ***Maintain a Connection with your Academic Department***

1. Maintain a relationship with your faculty advisor and meet with them frequently.
2. Inquire about opportunities for research in your department and/or practicum requirements.
3. Enter the career field through internships, volunteer work and employment.
4. Attend Career Fairs and network with individuals in organizations and corporations.
5. Continue to build your resume and seek those who are most qualified to attest to your academic achievements in recommendation letters.
6. Take appropriate tests (GRE, MCAT, LSAT, etc).
7. Begin applying to graduate programs if you desire to continue your academic pursuits once you've completed your bachelor degree.
8. Discuss graduation requirements with your faculty advisor and your department to ensure that you are on track for timely graduation.