YOU’RE NOT UNDECIDED… YOU’VE DECIDED TO EXPLORE!

UESP
ADVISING HANDBOOK
2013-2014

University Exploratory Studies Program
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Welcome to UESP & the Academic Success Center:
The University Exploratory Studies Program (UESP) is designed specifically for students exploring majors, and your primary responsibility as a UESP student is to be an active explorer. Students in our program have a broad diversity of abilities, experiences, and interests. Advisors are available to assist you in selecting course work and exploring areas of interest. You are encouraged to check in regularly to evaluate your educational progress and to set goals for the future.

Your first year on campus is an excellent time to explore academic options. The OSU baccalaureate core offers a wide variety of courses that fulfill general university requirements while allowing you to experience a broad range of disciplines. While there is no time limit as to how long you can stay with UESP, students are encouraged to transfer into an academic college as soon as they have decided on a major. This will ensure that you are meeting the proper requirements to complete your chosen major. We encourage you to talk with faculty from many different areas and to visit with students currently enrolled in various majors to help you get the information you need to make an informed decision.

UESP is part of the Academic Success Center, a unit designed expressly for the purpose of supporting the academic endeavors of all of OSU’s students. The UESP advisors and all the staff of the Academic Success Center are excited you are here and welcome the opportunity to assist you in the process of decision-making. We are committed to making your college experience rewarding and successful. Welcome and best wishes as you start your journey exploring academic and career options.

UESP Mission:
UESP is an integral part of the Academic Success Center and is the academic home for undecided/exploratory students at Oregon State University. The mission of UESP is to provide academic advising and major and career exploration assistance to undergraduates, both new and transitional, who wish to investigate the educational opportunities available at OSU. In accordance with OSU’s mission, we strive to enhance the OSU learning environment for our students.

The UESP advisors aim to assist students in making well-informed decisions regarding degree programs and course selection, obtaining accurate information regarding academic programs of study, making connections with academic college head advising offices, assessing career goals in relation to interests, skills and values and accessing other sources of assistance and student support provided by OSU.

Affirmation of Diversity:
The University Exploratory Studies Program is strongly committed to the affirmation of diversity in a broad sense and to opposing discrimination, prejudice and oppression. We promote an environment of inclusiveness where we value and celebrate each other’s differences and extend this spirit to the populations we serve, treating all with dignity and respect. Our belief is that diversity enhances the environments we work in, the University and our larger communities; it enriches us all. We are committed to continued growth in our understanding of diversity issues and strive to integrate diversity awareness into all aspects of our work. We believe that this enables us to provide services within a climate of openness, trust and safety. This diversity statement represents our ongoing commitment to ourselves, to the people we serve, and to the university community.

As advisors, we are dedicated to establishing a learning environment that promotes diversity of the students’ race, culture, gender, sexual orientation, and physical ability. If you feel discriminated against, or notice discriminatory behaviors, please bring it to our attention.
Disability Statement
It is helpful for academic advisors to have knowledge of any documented physical or learning disabilities students have as it can aid us in supporting their academic and major exploration. That said, we respect that the decision to disclose is an individual choice and invite students to do so at their discretion. UESP encourages all students with documented physical or learning disabilities that merit accommodation to be in regular contact with and utilize services provided by OSU’s Disability Access Services (DAS) office located in A200 Kerr Administration Building.

UESP Goals
- Provide a structured and supportive environment for students to explore OSU’s academic options
- Assist students in understanding the nature, purpose, and potential of higher education
- Provide knowledgeable, informed, and accessible advisors
- Collaborate with students to clarify interests, values, and abilities to aid their meaning-making and major selection
- Introduce and promote utilization of university resources and degree progress technology
- Regularly communicate with students regarding classroom and experiential opportunities to aid their major decision-making.
- Perpetuate a program culture of excellence and continuous improvement

Learning Outcomes:
UESP advisors aim to assist students in the process of fulfilling the following learning outcomes:
- Proactively monitor and evaluate your educational goals and engage in regular communication with advisors who care about your individual needs.
- Know where and how to access accurate information about educational opportunities, requirements, academic regulations, policies and procedures.
- Explore and identify interests, abilities and life goals, as they relate to relevant programs of study.
- Possess a better understanding of how personal values relate to educational and life goals
- Be empowered to utilize support services to accommodate your individual needs.
- Understand the value of the Baccalaureate Core combined with your major field of study as you progress through your OSU education.
- Pursue a balanced and thought-provoking educational program both in and out of the classroom.
- Understand the university expectation to be an active and self-directed learner who challenges oneself.
A comprehensive listing of student learning outcomes can be found on the UESP website: http://oregonstate.edu/uesp/sites/default/files/AAVMVO.pdf

Expectations/Responsibilities (as defined by OSU advisors):
As an advisee, you should:
- Understand and accept that you are ultimately responsible for your education and your own decisions.
- Be prepared when you come to advising sessions; be active in your advising session, and ask questions when you have them.
- Understand and communicate personal values, abilities, and goals.
- Provide accurate and truthful information when being advised.
- Initiate a purposeful relationship with your advisor and make appointments when necessary or when in need of assistance.
- Keep your local address and phone up to date in Student Online Services and utilize and regularly check your ONID account.
- Call to cancel appointments that cannot be kept.
- Learn and understand OSU’s policies, procedures, and requirements as they relate to your academic success and/or degree completion.
- Follow through on plans-of-action identified during advising sessions.

Additionally, UESP students are required to meet face-to-face with one of our advisors once a term for the duration of their time with the program. This allows advisors to check in on the student’s progress towards deciding on a major and to distribute a registration PIN.

Your advisor should:
- Develop a purposeful relationship with and be an advocate for their advisees.
- Inform students of the nature of the advisor/advisee relationship.
- Assist students in defining and developing expressed educational, career, and life plans.
- Provide timely and accurate educational information.
- Promote learning opportunities that will help students define or meet personal goals and plans.
- Assist students in preparing a program that is consistent with their abilities and interests.
• Monitor progress toward educational/career goals.
• Interpret and provide rationale for institutional policies, procedures and requirements.
• Inform inquiring students of campus resources and special services available to them.
• Refer students to those resources that can enhance or supplement their academic or personal experience.

How to Get the Most out of Advising: As mentioned above, students in UESP are required to meet with an advisor each term, but you should feel free to come in at other times as well if you want to talk about anything academically related.
1. Students are encouraged to start a folder in which they keep all material related to advising. Of course, students should always bring a prepared list of courses they are interested in and any questions to discuss with the advisor. Students should also get in the habit of visiting MyDegrees (see pp. 22-25 of this handbook) and the online schedule of classes at http://catalog.oregonstate.edu/
2. Don’t be afraid to ask questions! There is no such thing as a “dumb” question. Your academic advisor is here to help you figure out the intricacies of being a college student. Understanding your degree requirements is an integral part of your learning process and asking questions is an excellent way to learn.
3. Take an active role in your advising sessions. Your academic advisor is here to assist you. Get involved by getting prepared for your appointment.
4. Get to know your academic advisor. This is a person who is willing and able to assist you beyond just planning a schedule. Your advisor can help out with academic problems, give you information on campus resources and extracurricular activities and just be someone to talk to - whether you have a question about school, want to celebrate a success or need help with a problem.
5. Make use of Zero to Success in 77 Days, a week-by-week to-do list for the term: See your Registration Information Handbook or go to http://success.oregonstate.edu/study/zero to success in 77days.pdf

Who Are You? Types of Exploring Students & the Decisiveness Continuum:
Virginia Gordon from Ohio State University is a noted scholar working within the field of academic advising. She has identified several different types of “exploring” students. Can you locate yourself within the list below?
• Information seeking – they need to learn more about themselves, majors, and/or careers.
• Dependent decision makers – those still learning how to make their own decisions
• Vocationally/Academically immature – have little or no context for understanding careers and/or majors
• Vocationally fixated – focused on the relationship between college and career
• Indecisive – fearful of making the wrong choice
• Apathetic – those who don’t care to make a decision
• High achieving – students who are good in several areas often have trouble narrowing their focus
• “Forced” explorers – students for whom academic performance or some other factor or revelation has negated their initial choice (Source: Gordon, V. (1997). Advising undecided/exploratory students. In M. Hoveland, E. Anderson, W. McGuire, D. Crockett, & J. Kaufmann (Eds.), Academic Advising for Student Success and Retention (pp. 201-205). Iowa City, IA: Noel Levitz.)

Just as there are numerous reasons for deciding to explore, there are many different points along the continuum from Indecisive to Very Decided. Where do you currently fall on this continuum?

<table>
<thead>
<tr>
<th>Very Decided</th>
<th>Tentatively Decided</th>
<th>Undecided</th>
<th>Seriously Undecided</th>
<th>Indecisive</th>
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Major Exploration during your First Year at OSU – Be Active!

• **Register for classes that you find interesting.** At OSU, students typically register for classes at least three times each year. This is a great time to think about majors you’d like to explore. Select courses that relate to your academic interests. When you are choosing courses that satisfy baccalaureate core requirements, select those that you may consider pursuing for a major or minor.

• **Get connected.** Exploration extends beyond the classroom. Use the entirety of the OSU environment to help you explore. Join clubs and academic organizations and lay the groundwork to take on a leadership position; look for opportunities to engage in research with OSU faculty; start thinking about possible internships that you might take on in your undergraduate years; consider how a study abroad might enhance your OSU experience, and seek out ways that you might volunteer to serve the OSU and Corvallis communities. Any of these options can provide great avenues for meeting people who share your interests and are terrific resources for exploring careers in different fields.

• **Reflect and react.** You should be thinking critically about your experiences. Step back and reflect on how you are responding to your experiences inside and outside of the classroom. What classes or activities are really meaningful for you? Which one’s aren’t? Think about why you like the things you like. How can you actively bring more meaningful experiences into your life? Don’t be afraid to write these ideas down and discuss them with others including friends, family, and the professionals on the OSU campus (see the next two bullet points!)
• **Talk to your academic advisors.** You should schedule an appointment with your advisor during the mid-point of the term. Use your advising appointment to gain valuable information about classes and majors that you’re considering. Also, remember that you can schedule appointments with advisors in any academic department on OSU’s campus, even if you aren’t ready to declare a major in that department.

• **Talk to your professors.** Professors are experts in their fields. Talk to them about your interests – they can give you inside information on career opportunities in that field. They’ll also appreciate your interest in their profession.

• **Use your Resources.** Take advantage of local resources to help you get a better sense of your likes and dislikes. Use the OSU online catalog, MyDegrees, and the department web sites you’ll find on the OSU web page to learn more about the majors we offers. Consider meeting with Career Services in the basement of Kerr to get a better sense of how possible majors you’re considering relate to the world of work.

• **Maintain good study habits.** Studying for college classes is very different from studying for high school. Make sure you attend classes and continually review your notes. Don’t wait until the last minute to prepare for your tests!

**Required Exploration Text:** You…. Your interests, skills, values, and experiences are what form the basis for the exploratory process you are about to begin or continue. You will need to be honest with yourself and your advisor about these things in order to help ensure a productive experience while you are with UESP. Your goal here should be to pursue a major that makes you happy and allows you to excel. Your other required texts are university resources (people, offices, technology) – use all these tools to help you with the process.

**Attendance:** Your performance in classes will suffer if you are not attending and participating in the process. The same idea holds true here as well. When you have an advising appointment, hold up your end of the bargain. Be there and be prepared. Your primary role while you are in UESP is to engage and be an “active” explorer!

**“Final Exam”:** The culminating UESP experience comes when you make an informed decision to step away from UESP and begin the next phase of your journey. There is no set timeline for this event, for some it will occur after just one term, for others it will take a year or more. Regardless of your personal timeline, when you base your major decision on practical experience and informed, intentional research, you’re likely to find success and enjoyment waiting for you in your new department and major.

**START YOUR EXPLORATION TODAY!**

How this handbook and other scheduling tools can help you during this orientation.

1. Reflect on what it means to be an Educated Student (p. 7), and see What Goes into a BA/BS Degree at OSU (p. 8).

2. Get familiar with Oregon State University Terminology. (pp. 13-15)

3. Consult the OSU catalog online at http://catalog.oregonstate.edu/ to learn more about the course requirements for each major.

4. Look at the “Bacc Core Courses for next term” handout or use the online schedule of classes at: http://catalog.oregonstate.edu/SOCSearcher.aspx to get a sense of what is available for the coming term. Get in the habit of using this online schedule as it is your best resource for knowing what classes are being offered and are available.

5. Look at the list of Exploratory Courses (pp. 9-11) to consider how you might want to use specific academic coursework to help you start exploring fall term.

6. Complete the OSU Baccalaureate Core Worksheet (p. 12) as way of generating a list of possibilities.

7. Look at the section about MyDegrees (pp. 22-25), OSU’s degree audit and academic planning system to get a primer on how to use this wonderful tool to help you explore and plan for future terms.

Be an active explorer and use these tools to help you be organized for when you meet with a UESP advisor.
The Educated OSU Student: Your First Year & Beyond

OSU First Year Advising Outcomes
First-Year Advising Outcomes are established to help new OSU students have successful experiences during the transition to college and to begin taking full advantage of the possibilities and opportunities at OSU. The OSU academic advising community is committed to helping you accomplish the following advising outcomes this year. You’ll notice that these are very similar to UESP’s learning outcomes on Page 4. By the end of this year, you will:

1. Proactively monitor and evaluate your educational goals and engage in regular communication with advisors who care about your individual needs.
2. Know where and how to access accurate information about educational opportunities, requirements, academic regulations, policies and procedures.
3. Explore and identify interests, abilities and life goals, as they relate to relevant programs of study.
4. Be empowered to utilize support services to accommodate your individual needs.
5. Understand the value of the Baccalaureate Core combined with your major field of study as you progress through your OSU education.
6. Pursue a balanced and thought-provoking educational program both in and out of the classroom.
7. Understand the university expectation to be an active and self-directed learner who challenges yourself.

The academic advising community is always available to you and encourages you to take advantage of advising staff as well as professors, organizations and other opportunities on campus on the path to fulfilling these outcomes.

OSU Learning Goals for Graduates
1. Competency and Knowledge in Multiple Fields - As an OSU graduate, you will show a depth of knowledge in one or more majors as it relates to its history, problems, strategic thinking processes and ways of knowing, and vocabulary. You will also show a breadth of knowledge across the disciplines, which include the humanities and arts, science, social science and mathematics, from both technical and critical orientations.

2. Critical Thinking - As an OSU graduate, you will evaluate and synthesize information from multiple sources and perspectives to make informed decisions and solve problems; you will exhibit intellectual curiosity, including the disposition and ability to engage in evidence-based reasoning and critical thinking.

3. Pluralism and Cultural Legacies - As an OSU graduate, you will acquire knowledge and appreciation of the diversity of human cultural, historical and social experiences, and be able to reflect on how your individual life experience relates to the complex nature of human conditions in other places and times.

4. Collaboration - As an OSU graduate, you will develop the ability to be a positive contributor to situations requiring shared responsibility toward achieving a common goal.

5. Social Responsibility and Sustainability - As an OSU graduate, you will develop the capacity to construct an engaged, contributing life, and to engage in actions that reflect an understanding of the values of service, citizenship, and social responsibility, and demonstrate global competence by understanding the interdependent nature of local and global communities.

6. Communication - As an OSU graduate, you will be able to present and evaluate information, as well as to devise and exchange ideas clearly and effectively so that you can communicate with diverse audiences in a variety of situations.

7. Self-Awareness and Life-Long Learning - As an OSU graduate, you will develop awareness of and appreciation for your personal strengths, values, and challenges, and you will cultivate the ability to use that knowledge to guide your future learning and development.
What goes into a BA/BS degree at OSU?

Exploring OSU’s Colleges and Majors

OSU has over 200 major and options. As part of your orientation packet, you’ll be provided with a complete list of OSU’s Colleges and Majors. If you misplace this list, you can find it on the UESP web site: http://oregonstate.edu/uesp/colleges-amp-majors. Give this list careful consideration and keep in mind a few things;

1. If you know there are majors you don’t want to pursue, go through and cross them off with a pen. You’ll start to narrow down your list of options by doing so.
2. Highlight majors that you know are possibilities
3. There surely will be majors on this list that are unfamiliar to you. Don’t cross them off without researching them first. One may actually be the perfect option for you.
4. Be sure to consider all of OSU’s Colleges. They are more diverse than you might think, and each has majors that appeal to different interests and skill sets.
Orientation/Exploratory Courses

These classes will introduce you to an academic discipline and/or aid your transition into the university. Please note that some are restricted to majors-only. (“bc” following the credit total indicates the class also meets a bacc core category)

Academic Learning Services
ALS 114: Career Decision Making (2)
ALS 116: Academic Success (2) – development of strategies for succeeding in university-level academics (available to students who have been in college for at least a term)
ALS 199: U-Engage (2) – Strongly recommended for UESP students. This class introduces first year students to the ins and outs of being a student at a research institution and give students the opportunity to interact with faculty in a small classroom setting. – Fall term only (for now)

College of Agricultural Sciences
AG 111: Computer Applications in Agriculture (3) – Restricted to majors
AG 242: Personal Leadership Development (3) – typically offered winter term
ANS 121: Introduction to Animal Science (4) bc
ANS 100: Animal Sciences Orientation (2)
AREC 121: Discovering Agribusiness & Agricultural Economics (2) –Restricted to majors, but may open up later in the summer
AREC 250: Intro to Environmental Economics and Policy (3) bc – Math 111 prereq.
BRR 100: Great Experiments in Bioresource Sciences (1)
CROP/HORT/SOIL/ENT 101: Intro to Horticulture, Crop, Soil, and Insect Science (1)
FW 107: Orientation to Fisheries & Wildlife (1)
FST 101: Food Science Orientation (1) – Meets first 5 weeks of fall term
FST 251: Introduction to Wines, Beers, & Spirits (3) – Prerequisite high school Biology & Chemistry
HORT 112: Intro to Horticultural Systems, Practices, & Careers (2) – required field trips

College of Business
BA 101: Business Now (6) – Restricted to Pre-Business majors who have been here at least one term. UESP students must declare Business if they are interested in this particular course. Sometimes restriction is lifted for second year UESP students during fall term
DHE 160: Design Perspectives (3) – Intro class in a three-term sequence of DHE classes for first-year students that starts in fall term. Restricted to Merchandising Management, Interior, Apparel, and Graphic Design majors. Interested UESP students have two options – declare prior to the start of the fall term or wait until late in the summer to see if the major restriction is lifted, which should happen if space is available in the class.

College of Earth, Ocean, and Atmospheric Science
ENSC 101: Environmental Sciences Orientation (1) – rec. for majors, but open to all interested students
GEO 105: Geography of the Non-Western World (3) bc
GEO 106: Geography of the Western World (3) bc
GEO 201: Physical Geology

College of Engineering
BEE 101: Ecological Engineering I (3)
CBEE 101: Chemical, Biological, and Environmental Engineering Orientation (3)
CCE 101: Civil, Construction, Environmental Engineering Orientation (2) – Prereq. Math Placement @ 112 or higher. If you tested into Math 111, take ENGR 111 instead.
CS/ECE 151: Intro to Programming I with Embedded Control Lab (4) Prereq. MTH 111 Placement
CS 160: Computer Science Orientation (4) – Laptops are required for this class
CS 195: Intro to Web Authoring (4) – prereq CS 101 or equivalent skills
ECE 111: Intro to ECE: Tools (3) – pre/co req MTH 111
ENGR 111: Engineering Orientation (3)
MIME 199: Mechanical, Industrial, Manufacturing Orientation (3) – a variety of “themes” from which to choose!
NE/RHP 114: Intro to Nuclear Engineering & Radiation Health Physics (2)

College of Education
TCE 216: Purpose, Structure, and Function of Education in a Democracy (3) bc
TCE 219: Civil Rights and Multicultural Issues in Educational Settings (3)
TCE 253: Learning Across the Lifespan (3)
College of Forestry
NR 201: Managing Natural Resources for the Future (3) – Typically offered winter term
WSE 111: Renewable Materials for a Green Planet (2) -- Typically offered winter term
WSE 210: Wood Technology & Utilization (4) – Typically offered winter term
Forestry has other introductory classes, but they are major-restricted. Talk with your UESP advisor about exploring Forestry majors.

College of Public Health and Human Sciences
EXSS 131: Intro to Exercise & Sport Science (1) – Meets first five weeks of fall term
EXSS 132: Intro to Allied Health Professions (1) - Majors only, but often is available to UESP students winter & spring terms
EXSS 158: Care and Prevention of Athletic Injuries (3) – Majors only, but often available to UESP students winter & spring terms
H 100: Intro to Public Health (4)
H 210: Intro to the Health Care System (3) bc – Major restricted fall term; open to all majors in winter & spring terms
H 225: Social and Individual Health Determinants (4) bc
HDFS 201: Contemporary Families in the US (3) bc
HDFS 240: Human Sexuality (3) bc
NUTR 104: Orientation: Nutrition & Food Management (1)
NUTR 225: Human Nutrition (3) – helps to have some background in Chemistry

College of Liberal Arts
ANTH 110: Intro to Cultural Anthropology (3) bc
ANTH 210: Comparative Cultures (3) bc
ANTH 230: Time Travelers (Intro to Archaeology) (3)
ANTH 240: Intro to Biological Anthropology (3)
ART 100: Art Orientation (1) – Restricted orientation classes, but UESP students may have access on a limited basis
ART 101: Intro to Visual Arts (4) bc
COMM 111: Public Speaking (3) bc
COMM 114: Argument and Critical Discourse (3) bc
COMM 218: Interpersonal Communications (3) bc
ECON 201/202: Intro to Micro/Macroeconomics (4) bc – Prerequisite of Math 111
ENG 200: Library Skills for Literary Studies (1) – open to all, but required for English majors
ES 101: Intro to Ethnic Studies (3) bc
FILM 110: Intro to Film Studies: 1895-1945 (4) bc – fall term
FILM 125: Intro to Film Studies: 1945-Present (4) – winter term
HST Any 100 or 200 level History class will serve as good introduction to the study of History
MUS 121: Literature & Materials of Music 1 (3) – 1st course in a Music Theory sequence (must be taken in order). Choose the section for non-majors
NMC 101: Introduction to New Media Communications (3) – Typically closes quickly and may be major restricted
NMC 260: New Media Futures
PHL 205: Ethics (4) bc
PHL 251: Knowers, Knowing, and the Known (4) bc
PS 201: Intro to U.S. Government and Politics (4) bc
PSY 201/202: General Psychology (3,3) bc
SOC 204: Intro to Sociology (3) bc
SOC 241: Intro to Crime and Justice (3)
TA 147: Intro to the Theatre (3) bc
WGSS 223: Women: Self and Society (3) bc
WGSS 224: Women: Personal and Social Change (3) bc

College of Pharmacy
PHAR 201 Pharmacy Orientation (2)
PHAR 210: Terminology of the Health Sciences (2) – Good if you’re considering any sort of health profession.

College of Science
BB 111: Intro to Biochemistry & Biophysics Research (1) -- Major Restricted
BI 107: Heath Professions: Dental (1) – Winter term only!
BI 109: Health Professions: Medical (1) – Spring term only!
BI 198: Biology Freshman Seminar
BRR 100: Great Experiments in Bioresource Sciences (1)
CH 220: Careers in Chemistry (1) – Major restricted
MB 110: Orientation to Microbiology (1)
What am I going to do when I get out of college???
What kinds of jobs are available to people with my major???
How do I find the right major for me???

Sign up for

**ALS 114: CAREER DECISION MAKING**

And get started answering those questions!

The Career Decision Making Class (ALS 114) will provide structure to your search, taking you through a three-step model to help you make well-informed decisions regarding your future. Throughout the duration of the class, you will have the opportunity to:

- **Assess yourself**
- **Decide and Act**
- **Explore academic & career options**

ALS 114 meets twice a week for two credits - one hour is lecture with guest speakers and activities, and a second hour is small group discussion. Students will gain access to resources tailored to help them explore individual career paths.

OFFERED EVERY TERM!!!
OSU Baccalaureate Core Worksheet

Skills Courses

First Year Skills Requirement – You need to meet these three bacc core categories by the time you’ve completed 45 OSU credits. Take them within your first three terms at OSU.

Writing I: WR 121 - Last name begins with ______. Take WR 121 _____ term.
FALL WINTER SPRING
A-G H-N O-Z

Speech: COMM 111, 114, 218 – I plan to take COMM __________ during ______ term.
FALL WINTER SPRING

Mathematics: My math placement score is ______ (See Math recommendations chart on page 17)
MTH ______ is my first recommended Math course
I plan to take MTH _______

Second Year Skills Requirement – You need to meet this bacc core category by the time you’ve completed 90 OSU credits. If you are a first year student, take it within your first six terms at OSU. If you are a transfer student at or above sophomore level who has not already met this category, you should take this class within your first three terms at OSU.

Writing II -- Nearly all classes in this category require that you take WR 121 first. The one exception is PHL 121.
I plan to take _____________________ to meet my WR II category

Fitness: You must choose a class from both parts, but you’re not required to take both the same term.
Part 1 -- HHS 231 (2 credits) - I plan to take HHS 231 _______ term.
Part 2 – Fitness Lab (1 credit) - In addition to HHS 231, you must also take a 1-credit Fitness Lab. You can either take an HHS activity class (241-248) or a Physical Activities (PAC) class.
I plan to take my Fitness Lab ____________ term.

As you consider what you might want to take in the rest of the Bacc Core, you may want to consult the Bacc Core Playlists web site to check out some pre-organized pathways that revolve around different themes – See http://oregonstate.edu/main/node/1274.

Perspectives Courses - Courses that seem interesting to me in the following areas are:

Physical Science: ______________________

Biological Science: ______________________

Physical or Biological Science: ______________________

Western Culture: ______________________

Cultural Diversity: ______________________

Literature and the Arts: ______________________

Social Process and Institutions: ______________________

Difference, Power, & Discrimination ______________________

Synthesis courses are upper division. New first year students definitely should wait to take the classes to fulfill the two synthesis categories. Transfer students with more than 45 credits can consider these, but often options in these categories are restricted to juniors or above.
OREGON STATE UNIVERSITY TERMINOLOGY

Alpha Scheduling: The Writing 1 category in the bacc core is alpha scheduled. The Speech Category is not officially alpha-sectioned, but you should try to take it in a term when you’re not taking WR 121 (note: there are typically twice as many sections of COMM 111 offered fall term than in winter and spring). You typically will register for an alpha-scheduled course when the alphabetical grouping corresponds to the first letter of your last name. There are a handful of non-alpha scheduled sections of WR 121 each term.

<table>
<thead>
<tr>
<th>COURSE</th>
<th>FALL</th>
<th>WINTER</th>
<th>SPRING</th>
</tr>
</thead>
<tbody>
<tr>
<td>WR 121</td>
<td>A - G</td>
<td>H – N</td>
<td>O – Z</td>
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</tbody>
</table>

Blackboard: An internet based teaching portal. You will find that many of your instructors utilize Blackboard as a place to post notes, assignments, test grades, and other essential information. An instructor will notify you (usually in the course syllabus) as to whether or not he or she is using Blackboard. To access Blackboard, you will need an “ONID” account (see the next page).

Class Standing: Students are classified as Freshmen, Sophomore, Junior, and Senior according to the number of University credit hours completed:

- **Sophomore Standing:** 45 credit hours
- **Junior Standing:** 90 credit hours
- **Senior Standing:** 135 credit hours

When registering for courses, it is IMPORTANT that you check to see if there is a class standing requirement for that course. Many courses require that you have completed enough credits to be considered of sophomore, junior or senior standing before you are eligible to take the course. If that is the case, the restriction will be noted in the schedule of classes with a “CL+” or “CL-.” As an example, CL-1.2 means that freshmen and sophomores are not permitted to enroll in that course. Your earned credits also have an impact on when you register: the more credits you have, the higher you are on the priority registration list each term.

College: A division of the university offering degree programs. Eleven Colleges at OSU work with undergraduates in some capacity. Some courses are restricted to students who are enrolled in that college and/or to majors or minors within that college. If that is the case, the restriction will be listed in the class listings with a “CO+” followed by a code for the college or online with “#major” and a list of majors allowed to take the course. The various college and major codes are listed in the Registration Information Handbook under “How to Read the Schedule” if you have any questions about who is permitted to enroll.

Closed Classes: You may find that a course you need is closed. What do you do? You can now add your name to an automated wait list (NOTE: Not every section has wait listing). Registration at OSU is divided into 2 phases with wait listing featured during the 2nd phase. In the 1st phase of registration, enrollment for each student is limited to a maximum of 16 credits. During Phase 2 students can increase their credits loads beyond 16 and also access the wait list feature. To use the wait list feature:

- Type the CRN into the registration worksheet and click SUBMIT.
- The class will show up as “Closed –Registration Error”
- In the drop down menu next to the class, find “Waitlist Class”
- Then, click Submit again to add yourself to the wait list.

If you are first on a wait list and a spot opens, you will receive an email to your ONID account letting you know you are eligible to add the class. You then have 24 hours to go into the Registration system to add the class. If you don’t, then that open spot is offered to the next person on the wait list. More info on wait listing, including an informational video can be found at: [http://oregonstate.edu/registrar/tutorials.html](http://oregonstate.edu/registrar/tutorials.html). You can also contact the department for a class override. There are no guarantees with this method, but some departments give waivers if they feel the situation warrants it. To find the proper office to contact, find the course in the Schedule of Classes and the address and phone number of the office will be on the flagging and the Office of the person that the professor if they make space in the class for you.

Credits to Graduate: A minimum of 180 credits is required to graduate, which works out to an average of 15 credits per term (Fall, Winter, and Spring) for four years. Students may not count more than 11 credits of Physical Activity Courses (PAC), 12 credits of applied music courses (MUP) or 15 credits of Academic Learning Services courses (ALS) toward graduation credit. (See page 7 for “What goes into a BA/BS Degree”)

CRN: The “Course Reference Number” is a 5-digit number assigned to an individual section of a course. Every lecture, lab, and recitation section has its own CRN.
**Department/School:** A division of a college offering degree programs within special subject areas. For example: currently the College of Public Health and Human Sciences has two schools: Biological & Population Health Sciences and Social and Behavioral Health Sciences.

**Dropping vs. Withdrawing:** Dropping and Withdrawing are means to “letting go” of a class, and both actions take place in the online registration system. If you use the system to get out of a registered class prior to or during the first two weeks of a given term, this means you dropped it, and it disappears from your records. Between the start of week three and end of week seven, you can still get out of a class, but it will be considered a “withdrawal” and will be noted on your transcript with a “W” grade. You can’t earn credits for “W” grades, but they do not affect your GPA. See the Dates to Remember on the next page for specific drop and withdrawal deadlines. The electronic process for dropping and withdrawing via the online registration system is the same. You can find a tutorial on the Registrar’s web page: [http://oregonstate.edu/registrar/video-tutorials](http://oregonstate.edu/registrar/video-tutorials)

**GPA:** Your grade point average is calculated based on letter-graded classes you have taken at Oregon State. **Pass/No Pass** courses, classes taken for an S/U grade and transfer courses are not calculated in your GPA.

**Lecture, Lab, Recitation, and Studio:** These are types of classes you might have at OSU. Lectures are large group class meetings and are the primary mode of instruction here at OSU. Often lectures will be accompanied by labs and/or recitations which are smaller group meetings where students will complete activities related to the class. Studios are applied classes in artistic/design oriented disciplines where students do project work for the class.

**Major & Minor:** Major refers to your primary field of study where you have a significant concentration of classes in a specific academic area. Minor refers to a secondary field of study with a smaller concentration of classes. While everyone has a major, not everyone has a minor. A small handful of majors may require you to have a minor.

**MyDegrees:** OSU’s degree audit system. It allows you to keep track of your academic progress. It has a wonderful function called “What If” that allows you to visualize yourself as any major on campus and see a listing of requirements for that major. MyDegrees also has a planner where we will record ideas for possible classes as you explore. See pages 22-25 for more information and screen shots from MyDegrees.

**MyOSU Portal:** This is a one-stop shop for many online student resources that includes MyDegrees, Blackboard, ONID email, and OSU’s online class registration system. See page 19 for more information.

**No-Show-Drop (NSHD):** Certain courses are designated in the Schedule of Classes as NSHD. A student who is registered for such a course and who does not attend during the first five (5) days of the term WILL be dropped from the course unless the student has obtained prior permission for absence. (Academic Regulation 9c)

**ONID:** This is your OSU “Network ID”. Your ONID account not only gets you a university e-mail account (which we strongly encourage you to use and check every day), but it also grants you access to OSU network tools – including Google apps. **MyOSU portal, MyDegrees** and Blackboard. With a few exceptions where you use your 9 digit **Student ID** and your 6 digit **GAP**, OSU essentially uses your ONID ID and password as the single-service login to all its online resources.

**Pass/No-Pass (P/N) Grading:** Alternative form of grading assigned, by Department, to specific courses. These courses are not included in grade point averages, but a “P” grade will apply to graduation credit.

**Phase 1 and Phase 2 Registration:** Registration at OSU is divided into two phases. During each phase of registration, you will have a registration day and time that is based on the number of credit hours you earned. The more credits you have earned, the earlier you will be able to register. You can find these days and times by going to “Check Your Registration Status” in the Registration Menu of Student Online Service. During Phase 1, you may register for up to 16 credits, and during Phase 2, you may add to your credit total and you may also add your name to a **wait list** provided it is not full (see information in closed classes entry). It is important to note that if you don’t complete your Phase 1 registration by the start of Phase 2, you won’t be able to access the registration system until your Phase 2 date.

**PIN:** Personal Identification Number. University Exploratory Studies Program students are issued a **new PIN each** academic term. To receive you PIN you must schedule an appointment and meet with an advisor. Please understand though that getting your PIN is a small part of the advising appointment. **We require you to come in because we are responsible for regularly discussing your academic progress with you.**

**Prerequisite:** This is a class or classes that provide the background necessary for successful performance in another course. OSU uses an automated check of students’ records at the time of registration to ensure students have successfully completed the prerequisites for certain courses (Ex. SOC 204 is a prerequisite for SOC 312). You may also encounter classes where the
prerequisite is not enforced. While the system may let you register for the class in this instance, that does not exempt you from needing to know the listed prerequisite information. Departments have the latitude to dis-enroll students who have not met the prerequisites. UESP strongly recommends that you abide by all prerequisites.

**Satisfactory/Unsatisfactory (S/U) Grading:** The ‘S’ grade corresponds to a letter grade of ‘A’ through ‘C-’. The ‘U’ grade corresponds to a letter grade of “D+” or lower. Students have until the end of the seventh week to change a class to, or from, S/U grading and must obtain approval from their advisor or dean. Up to 36 credit hours may be taken S/U, except those courses required, by department, for major and/or minor options. S/U grades do not apply to GPA calculations. (Academic Regulation 18)

### Dates to Remember (by academic term)

#### Fall 2013
- **Mon. September 30:** Classes begin
- **Sun. October 6:** Last day to add a class via the web
- **Mon. October 7:** Tuition bills e-mailed to your ONID account
- **Fri. October 11:** Last day to add a class via instructor & departmental signatures (5:00 p.m.)
  - Last day to drop a class via the web (11:55 p.m.)
- **Mon. October 28:** UESP advising for Winter term begins
- **Fri. November 15:** Last day to change to or from S/U grading (form requires advisor’s signature – 5:00 p.m.)
  - Last day to Withdraw from a course (11:55 p.m. – can be done on the web)
- **November 28-29:** Thanksgiving Holiday – No School
- **Fri. December 6:** Last day for Total Withdrawal from the University (“W” grade for every class – 5:00 p.m.)
- **December 9-13:** Finals Week
- **Wed. December 18:** All fall grades available via the web

Please consult our web site at [http://oregonstate.edu/uesp](http://oregonstate.edu/uesp) for other important dates!

#### Winter 2014
- **Mon. January 6:** Classes begin
- **Wed. January 8:** Tuition bills e-mailed to your ONID account
- **Sun. January 12:** Last day to add a class via the web
- **Fri. January 17:** Last day to add a class via instructor & departmental signatures (5:00 p.m.)
  - Last day to drop a class via the web (11:55 p.m.)
- **Mon. January 21:** Martin Luther King Day Observed – No School
- **Mon. February 3:** UESP advising for Spring term begins
- **Fri. February 21:** Last day to change to or from S/U grading (form requires advisor’s signature – 5:00 p.m.)
  - Last day to Withdraw from a course (11:55 p.m. – can be done on the web)
- **Fri. March 14:** Last day for Total Withdrawal from the University (“W” grade for every class – 5:00 p.m.)
- **March 17-21:** Finals Week
- **Wed. March 26:** All winter grades available via the web

Please consult our web site at [http://oregonstate.edu/uesp](http://oregonstate.edu/uesp) for other important dates!

#### Spring 2014
- **Mon. March 31:** Classes begin
- **Thurs. April 3:** Tuition bills e-mailed to your ONID account
- **Sun. April 6:** Last day to add a class via the web
- **Fri. April 11:** Last day to add a class via instructor & departmental signatures (5:00 p.m.)
  - Last day to drop a class via the web (11:55 p.m.)
- **Mon. April 28:** UESP advising for Fall term begins
- **Fri. May 16:** Last day to change to or from S/U grading (form requires advisor’s signature – 5:00 p.m.)
  - Last day to Withdraw from a course (11:55 p.m. – can be done on the web)
- **Mon. May 26:** Memorial Day – No School
- **Fri. June 6:** Last day for Total Withdrawal from the University (“W” grade for every class – 5:00 p.m.)
- **June 9-13:** Finals Week
- **Wed. June 18:** All spring grades available via the web

Please consult our web site at [http://oregonstate.edu/uesp](http://oregonstate.edu/uesp) for other important dates!
Math placement is determined by the Math Placement Score, which may be presented to you as a number or a percentage. The type and amount of math you take is dependent on the majors you're considering. All OSU students, regardless of major, need one college level math class to fulfill Bacc Core requirements. For more information about placement structure, please consult page 21 in the Registration Information Handbook.

MTH 065 AND MTH 095 are Pre-College Algebra courses offered through Extended Campus and carry NO credit toward graduation requirements. The credits for these courses do count towards full-time status for the term only. Students register for these courses through the regular registration process and the cost will be added to the tuition and fee billing statement. (Math Placement Scores [MPS]: Below 11 or less than 29% – MTH 65; 11-16 or between 30-45% – MTH 95/MTH 103). MTH 103 is an alternative to MTH 95. It is offered through the Math department and carries elective credit toward graduation.

Math 105 Introduction to Contemporary Mathematics: Course meets requirement for Bacc Core but does not prepare students for the higher math required by some majors. (MPS – 17-23+ or between 46-60%)

Math 111 College Algebra: The foundation course for most future math classes. (MPS – 17-23+ or between 46-60%)

Math 112 Elementary Functions: Necessary for some majors and useful to those continuing on to Calculus and beyond. (MPS – 24-32+ or between 61-75%)

MTH 241 Calculus for Management and Social Science & MTH 245 Mathematics for Management, Life and Social Sciences: Required if pursuing a business major. Can be taken out of order. (MPS – 24-32+ or between 61-75%)

Math 231 & 232 Elements of Discrete Mathematics: Required for computer science majors. (MPS – 32+ or above 76%)

MTH 251, 252, 253, 254 Calculus: MTH 251 & 252 are required for all science & engineering majors. Many of these majors require further math coursework. (MPS for MTH 251 – 32+ or above 76%)

MTH 211, 212, 390: Foundations of Elementary Mathematics: Required for those interested in teaching elementary school. (MPS for MTH 211 – 17-23+ or between 46-60%)

Chemistry Requirements

There are two introductory sequences, a 100-level and a 200-level. There is also a two-term sequence designed for engineering students. Here are suggestions for placement, but for more info, see the Registration Information Handbook, p. 22.

CH 100 sequence (121, 122, 123) – is for students who have little or no high school chemistry AND are concurrently enrolled in or have successfully completed MTH 095 or higher. A more gradual and thorough approach in this sequence will prepare students to take an advanced chemistry course such as CH 331. Students who do not place in MTH 095/103 should complete MTH 065 with a C or better and then enroll in MTH 095 concurrently with CH 121. Exception: Students without high school chemistry who have AP credit or placement in MTH 251 or higher may take CH 201, 231/261, or 231H/261H* (*requires enrollment in University Honors College).

CH 200 sequence (231/261, 232/262, 233/263) – is intended for science, pharmacy, chemical engineering, and pre-medical/pre-dental students and others interested in a complete general chemistry sequence. Only students who have the following should enroll in CH 231: At least one year of high school chemistry AND successful completion of MTH 111 or higher OR concurrent enrollment in MTH 111 OR placement in MTH 112 or higher. Note, in this sequence, the lecture and lab have separate course numbers.

CH 201 sequence (201 with optional 211 recitation, 202 with 205 lab) – designed for many of the Engineering majors that require a selected knowledge of Chemistry topics. Placement requirements are the same as the CH 231/261 sequence.
The Degree Partnership Program (source: OSU Admissions Office website)
The Degree Partnership Program (DPP) promotes educational attainment and bachelor's degree completion by allowing students to be jointly admitted and concurrently enrolled at Oregon State University and Oregon community colleges. Previously referred to as the "Dual Enrollment Program", the DPP was established in 1998 by Oregon State University and Linn-Benton Community College and now includes 12 other Oregon community colleges.

There is really no down side to being DPP, and we encourage UESP students to consider this. Many OSU students find it useful to be dually enrolled at Linn-Benton Community College (LBCC) because it gives them access to smaller classes and/or options that may be closed at OSU. Also tuition is less expensive at LBCC. Transfer of credits from LBCC is done electronically, and financial aid covers full time enrollment spread across both institutions (e.g. a student can take 9 credits at OSU and 3 at LBCC and be considered a full time student for financial aid purposes). LBCC has campuses in Albany and Corvallis (the Benton Center just off of 9th Street), and they even offer a handful of classes on the OSU campus. There is a bus system called the Linn-Benton loop that runs between OSU and these campuses.

Applying to the DPP is easy! Students can just go to this web site: http://oregonstate.edu/partnerships/requirements-and-admission Current OSU students, simply follow the instructions on this page, and you’re on your way to becoming a DPP student

Application Deadlines
The application deadline for becoming a DPP student is approximately three to four weeks before the start of each term. Therefore, if a student wanted to become a DPP student for the fall of 2013, he/she must apply by September 9, 2013. Specific dates for each term can be found on the application web site. Some students find it useful to sign up for DPP for another school closer to home, so they can take classes in the summer. Here are our Partner schools:

Current Community College Partners (now taking applications):
- Blue Mountain
- Central Oregon (only with OSU-Cascades)
- Chemeketa
- Clackamas
- Clatsop
- Columbia Gorge
- Hawaii Community (Big Island)
- UH-Maui College
- Kapi‘olani Community (Oahu)
- Klamath
- Lane
- Linn Benton
- Oregon Coast
- Portland
- Southwestern Oregon
- Tillamook Bay
- Umpqua

Signed Community College Partners (pending program implementation)
- Mt. Hood
- Rogue
- Treasure Valley
The following pages include screen shots of several resources that you have at your fingertips to help guide you through your OSU academic experience. During your time with UESP, your advisor will frequently reference these resources. Familiarize yourself with them as you read these pages, but know that we’ll make sure that we walk you through how to access them when we meet in person.

These resources include:

- The **MyOSU portal**. On Page 19, you can find instructions on how to access this convenient entry point in all of OSU’s online resources, and screen shot of the student page that contains links to all of them.
- The **Online Catalog and Schedule of Classes**. On Page 20, you’ll see a screen shot of info included in the catalog description of a course.
- The **Online Registration System**. On Page 21, you’ll find a screen shot showing what you see when you try to register for a class.
- **MyDegrees**, OSU’s degree audit system. Pages 22-25 highlight important features of MyDegrees that you’ll for sure be using while you are in UESP.
Using the MyOSU Portal
You can find a link to this one-stop-shop for all OSU’s important online resources by going to [http://oregonstate.edu/main/online-services](http://oregonstate.edu/main/online-services) (or you can just go to OSU’s home page and click the “online services” link at the very top of the page.)

Once you click the “MyOSU” link, you can log in to the MyOSU portal by using your ONID username and password. Your entry point to the portal is the “Welcome” page. The student page has links to MyDegrees, the Online Registration system, Blackboard, and your ONID email. You can also use it to check if you have holds and when you’re scheduled to register in a given term.

The portal contains direct links to Blackboard and ONID email, but currently when you click these you need to enter your username and password.

The “Student” tab has many links to useful online services. After you log into the portal, click the “Student” tab to access this page.

Click this link to see if you have any holds that will prevent you from registering.

This box has several links to access tools related to registration. You can:
- View your priority registration status to see when you are allowed to register.
- Directly access the registration system to make adjustments to your schedule.
- Access the online catalog and schedule of classes
- See video tutorials on how to use all of these resources.
Using the Online Catalog –
Get there via the portal or by visiting [http://catalog.oregonstate.edu/](http://catalog.oregonstate.edu/)
You can use the online catalog to research course descriptions, check course availability, and determine prerequisites and restrictions.

Sample Class – HDFS 462
What the online catalog looks like…

### General Catalog & Schedule of Classes

OSU Home | Prospective Students | Current Students | Faculty & Staff | Alumni & Friends | Visitors

Quick-Jump:

Find Someone | Maps | Site Map

<table>
<thead>
<tr>
<th>Course Title and Description – The description will often include prerequisite information</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Sample Class – HDFS 462</th>
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<table>
<thead>
<tr>
<th>What the online catalog looks like…</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>HDFS 462: SKILLS FOR HUMAN SERVICES PROFESSIONALS (4).</th>
</tr>
</thead>
</table>

| Explores assessment, case management, and advocacy; helping skills; self-care and ethical conduct; organizational dynamics; application through case studies and interactive learning. |

### Restrictions Column

<table>
<thead>
<tr>
<th>Prerequisites: HDFS 261 and Senior standing, Human Services option specialization.</th>
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</table>

<table>
<thead>
<tr>
<th>For more information, contact: CAROLYN ALDWIN, 322 MLH, 737-4765</th>
</tr>
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</table>

<table>
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<tr>
<th>Schedule</th>
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<table>
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<tr>
<th>Go To Registration</th>
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</table>

| Scroll to the right to see additional course information. |

<table>
<thead>
<tr>
<th>Show/Hide Columns:</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Term</th>
<th>Session</th>
<th>P/N</th>
<th>Campus</th>
<th>Cr</th>
<th>Curr</th>
<th>WL Avail</th>
<th>Fees</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Start Date</th>
<th>CRN</th>
<th>Instructor</th>
<th>Type</th>
<th>Avail</th>
<th>Section Title</th>
<th>Restrictions</th>
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</table>

<table>
<thead>
<tr>
<th>End Date</th>
<th>Sec</th>
<th>Day/Time</th>
<th>Status</th>
<th>WL Cap</th>
<th>Section Description</th>
<th>Comments</th>
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</table>

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<table>
<thead>
<tr>
<th>Update Columns</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Term</th>
<th>CRN</th>
<th>Cr</th>
<th>Instructor</th>
<th>Day/Time</th>
<th>Status</th>
<th>Cap</th>
<th>Curr</th>
<th>Avail</th>
<th>WL Cap</th>
<th>WL Curr</th>
</tr>
</thead>
</table>

| P08 | 163230 | 4 | Burg, L | TR 0800-0950 | Open | 40 | 25 | 15 | 0 | 0 |

| Prerequisites: HDFS 261 and Senior standing, Human Services option specialization. |

### Restrictions Column

<table>
<thead>
<tr>
<th>Majority/Minor/Option Restrictions:</th>
<th>432, 632, 433 (Child, Youth, and Family Services, Human Services, Gerontology)</th>
</tr>
</thead>
</table>

| Class Limitations: | 1, 2, 3 (Freshman, Sophomore, Junior) |

### Legend

![Image](image.png)

You can use the “Show/Hide Columns” buttons to show you information you might need about this specific course.

### Course Title and Description

The description will often include prerequisite information.

**Note the prerequisite listing in the “Restrictions” column.**

HDFS 462 has a prerequisite of HDFS 261 and some “other prerequisites” as well. (See the terminology section of this handbook for a definition of this term.)

The “Restrictions” column also shows us a couple of other things about this class. You must be declared as one of these HDFS options to take this class. You must also be a senior.

These three columns tell you the capacity of the class, how many people have registered for the class and how many seats are still available.

If a department has decided to use a wait list, you will see wait list capacity and availability here. This class does not have a wait list.
Using the Online Registration System – Sample Class – HDFS 462

Students at OSU register for classes using an online registration system. You can add a class to your schedule two ways – either by adding a CRN to a registration table and submitting it – or – by using the “class search” function, which is a lot like online shopping. We recommend using the class search function because it allows you to see if a class is open or if you have any time conflicts with your other classes. This is what you might see if you tried to register for the HDFS 462 class that we researched in the online catalog (see the previous page.)

What the Online Registration Screen looks like when you look up a class using the class search function...

<table>
<thead>
<tr>
<th>Select Day(s) Time</th>
<th>Subject</th>
<th>Course Title</th>
<th>Rem Cap</th>
<th>Instructor</th>
<th>Location</th>
<th>Type</th>
<th>CRN</th>
<th>Major / Minor</th>
<th>Enrollment Limitations</th>
<th>Cmp</th>
<th>Enforced Prerequisites</th>
<th>Corequisites</th>
</tr>
</thead>
<tbody>
<tr>
<td>TR 08:00am-09:50am</td>
<td>HDFS 462</td>
<td>SKILLS FOR HUMAN SERV PROFESS</td>
<td>15</td>
<td>Leah T. Burgy</td>
<td>4000 W 205</td>
<td>Lec</td>
<td>10529</td>
<td>427,430,437</td>
<td>CL-1,2,3</td>
<td>C</td>
<td>HDFS 261 Minimum Grade of C-</td>
<td></td>
</tr>
</tbody>
</table>

If the class is open, you’ll see a little box that you can check to select the course. After you check this box, you can register for the class by clicking on the “register” button. The system will let you know here if a section is CLOSED or if you have a TIME CONFLICT with a class already on your schedule. In this case, the class I want is open and doesn’t conflict with anything on my schedule.

If a class has an active waitlist, you will see the word “Waitlisted” right below this 5-digit Course Reference Number (CRN). During Phase II of registration, a student is able to add his/her name to a waitlist in the registration system. See this website for more details:

http://oregonstate.edu/registrar/StudentInformationLinks.html

OSU has classes in Corvallis and Bend and online. Look for the “C” for Corvallis and “DSC” for online classes.

Any prerequisites will be listed here. In the case of HDFS 462, you must be a senior to take the class – this coding stands for “class level -- no freshmen (1), sophomores (2), or juniors (3). Any enrollment limitations will be listed here. In the case of HDFS 462, you must be a senior to take the class – this coding stands for “class level -- no freshmen (1), sophomores (2), or juniors (3).

Any prerequisites will be listed here.
Using MyDegrees

MyDegrees is OSU’s online degree audit and class planning system. You will work with this system throughout your undergraduate experience, and we’ll use the next few pages to highlight some aspects of the system that we’ll be using while you are in UESP. Once you declare, your new advisor in your major may have other aspects of MyDegrees that he/she will highlight for you. You can watch tutorial videos on important MyDegrees features at http://oregonstate.edu/registrar/mydegrees/videos-0

How you get into MyDegrees

The best way is through the “Student” page of the MyOSU portal (see page 19 of this handbook). However, if you find yourself in the “OSU Online Services” system, you can get there via the “Student Records” menu. Here’s what that looks like.

Online Services Main Menu – Select “Student Records” (Second Menu Item)

Student Records Menu – Select “MyDegrees” (First Menu Item)
Degree Checklist – When you first get into MyDegrees, you’ll see the “Degree Checklist”. This is an audit of your academic status and of your completed courses against the requirement of the degree.

Students in UESP don’t have defined major requirements, because they are exploring. You’ll notice how MyDegrees notes that here.

MyDegrees will track your progress in meeting bacc core requirements. And, you can run “What If” scenarios to see the degree requirements for majors that might interest you. See the next page to learn how.
Running a MyDegrees “What If” Scenario
This is a great way to get a sense of the requirements for the different majors at OSU. We encourage students to use this tool along with the online catalog and the department web sites as part of their exploration process. Here’s how you run a “What If” Scenario:

1. Click the “What If” link on the left hand side.
2. Choose the Degree type – Most degrees are Bachelor of Science or Bachelor of Arts. Some are one or the other. If you choose a degree type, and the major you want is not listed, that means it may exclusively reside under the other degree type. If you choose a Bachelor of Arts, that typically comes with the obligation to complete coursework in a foreign language.
3. Choose the major you want. When you select a major from the drop down menu, it shows up in the “Chosen Area of Study” box. Many majors have options, and some actually require you to choose one. When running a “What If” scenario, it is a good idea to select an option. If you’re interested in seeing minor requirements, you can also add a minor to the “Chosen Area of Study”
4. Once all parameters are selected, click the “Process What If” button.

A couple of things about “What If”
- “What if” is an unofficial tally and may not be 100% accurate
- “What if” works off a “best fit” sorting process. We’ve noticed this “best fit” function often (but not always) tends to prioritize major and/or college level requirements over bacc core in the sorting process. For example, you may look on your Degree Checklist and see a category completed, only to see it show up as incomplete when you run “What if” because the system is now counting the class elsewhere. Your advisor can help you process why this is happening.
Using the MyDegrees Planner
The Planner is the tool we will use to map out your coursework for a given term or terms. The beauty of the Planner is that it is virtual and accessible by both you and your advisor via web-enabled computers. We'll briefly introduce the planner at orientation, and we will work with it a lot more at your first regular advising appointment. You certainly don't have to wait until that appointment to play around with the Planner. Some students like to prepare for their advising appointments by putting together plans. Here's a screen shot of the Planner page with some highlights of tools and resources that are available in this part of My Degrees.

Click the “Planner” tab to get into the Planner

This side of the Planner contains the Degree Checklist. As you put together a plan, you can see what bacc core you have completed and still need to complete. You also can run “What if” scenarios in the planner.

This side is the actual Planner. You and your advisor will work collaboratively to build a list of classes options. In UESP, we will use the “Planner Notes” boxes next to each term to record important ideas, to-do lists, etc. Each term, we will give you a new registration PIN, and we will paste that in the notes when you come for advising each term. You are welcome to build your own plans (in fact, we encourage that!). In the term list of classes, you may include specific classes, or, if you just want to include generic text like “Physical Science” or “Math at LBCC” you can write that in as long as you precede it with a hyphen (like I do with – Physical Science in the sample list above). Sometimes your advisor will lock the planner. If you log in and your plan is locked, just create and save a new one.
A QUICK GUIDE FOR “SURVIVAL” AT OSU

GENERAL HINTS
◊ Always carry your student ID with you. You will need it to access information at the Registrar’s Office, check out books at the library, use Dixon Recreation Center and Student Health Center, cashing checks, and computer labs. You can also put money on your card and use it as cash at most on-campus eateries.
◊ The Barometer, OSU’s free student-run newspaper, is a great place to find out about different campus and community events. There are also classified and personal ads as well as coupons.
◊ Opportunities for non-credit classes are available through the Craft Center. The Craft Center has woodworking, ceramics, stained glass, photography, and many other workshops available. Information on the Craft Center is available outside Snell Hall, across from the back of the library.
◊ The campus phone directory is printed in the beginning of November and is available at the MU and MU East. It contains phone listings for students and staff, as well as information about student organizations, yellow pages and more coupons!

RECOMMENDED COURSE LOAD
* An average of 15 credits per term will allow you to complete the bacc-core requirements and fulfill most major and minor requirements in 4 years.
* If you can, balance your course work to prevent burn-out. For example, if you struggle with Math and Science, make sure you spread out those requirements amongst classes that are easier for you.

HINTS ON BEING SUCCESSFUL IN THE CLASSROOM
◆ Attend all your classes and be on time.
◆ Before coming to OSU, alter your expectation of how much time you need to study to be successful. College level learning is different than high school. More responsibility is placed on you, and expectations are higher.
◆ Have a copy of “Zero to Success in 77 Days” handy. It is a week by week to do list for the term, and it will help you stay on top of your classes. You can find it here: http://success.oregonstate.edu/study-tips
◆ Be prepared for class--read the required material before the class.
◆ Do not procrastinate! Keep up with coursework from the very first day of classes.
◆ Do not buy into the myth that it is okay to miss the first day or week of class. The term moves very quickly, and you need to do everything possible not to fall behind.
◆ Notify the instructor in advance of any planned absences--you may be required to take an exam or turn in an assignment prior to your absence.
◆ If you miss a class, visit the instructor during office hours to determine how you can catch up. You will find most instructors to be understanding and willing to help you if you are sincere about your studies and their course.
◆ Participate in class discussion--this means ask questions and engage with the other learners in the class. Make sure you understand the topic.
◆ Don’t hesitate to stop by your instructor’s office hours or schedule an appointment with them to go over any information you don’t understand. Many are willing to provide helpful suggestions on papers and assignments before they are due. Getting to know your instructors is often very rewarding!
◆ The general rule is that for every hour of class, you will need to spend two hours outside class reading and doing assignments. Some classes require more time and some less. Be prepared to do a lot of work out of class.
◆ Being a student like any activity can be enhanced under the guidance of an expert. Consider getting an Academic Coach through the Academic Success Center in 102 Waldo Hall. It’s free, and the coaches can help you with everything from time management to study skills to test taking strategies.
Additional Resources for Exploratory Students

As you begin the process of exploring academic and career options, remember that there are a host of available resources and support services that can assist in your process.

Career Exploration Support:

- **UESP Web Site**
  We have designed a complete and user friendly website that provides information and links to various online resources that you can use when exploring on your own. **The web address is: http://oregonstate.edu/uesp.**

- **Facebook®**
  Like our Facebook® page. You can find us at [http://www.facebook.com/UESPadvising](http://www.facebook.com/UESPadvising). We will post information useful to you in your exploration process, including a reminder to our Facebook friends of when it is time for advising appointments!

- **Twitter®**
  If you spend time at all on Twitter, look for us there at [http://twitter.com/OSU_UESP](http://twitter.com/OSU_UESP). We do our best to tweet about upcoming events and deadlines and reminders.

- **Career Services**
  For hands-on career exploration visit the Career Services office located in KAd B008 or call 541-737-4085 to make an appointment with a career counselor. They also have great information on their website including local job openings and upcoming events. Go to [http://oregonstate.edu/career/](http://oregonstate.edu/career/) to find out more!

- **Faculty**
  Remember that faculty and instructors are more than people who only lecture three times a week. Many of them are familiar with or have personal experience in career fields you may be interested in. **They are resources that can be used to connect areas of study to potential careers.**

Learning Services:

- **Academic Coaches**
  Academic Coaches work with students individually on study skills and strategies in areas such as time management, note-taking techniques, and preparing for exams. **You can make an appointment with a coach by contacting the Academic Success Center at 541-737-2272.**

- **Academic Success Course (ALS 116)**
  The Academic Success Center coordinates an academic learning course listed under the ALS prefix in the OSU Course Catalog. This 2-credit courses focuses on a range of academic topics geared to give you tools and strategies that can help you achieve your academic goals. **Contact your UESP advisor for more information.**
Need Academic Support?

Oregon State University has several free academic centers and tutorial labs located around the campus.

- **The Writing Center**
  Right down the hall from the Academic Success Center and UESP, the Writing Center offers free help with any writing task at any stage of the writing process. They are located in Waldo Hall 123 and can be contacted at 541-737-2930.

- **Supplemental Instruction**
  Like the Writing Center and UESP, this program is part of The Academic Success Center. The Supplemental Instruction program hires tutors called SI leaders to run study tables for challenging first and second year courses. These SI leaders actually sit in on the lectures, so not only are they content experts, but they know exactly how instructors in these classes are presenting the material. If a class has Supplemental Instruction attached, an announcement will be made the first week and students in the class will be invited via their ONID email to sign up for SI. For more info, see [http://success.oregonstate.edu/what-supplemental-instruction](http://success.oregonstate.edu/what-supplemental-instruction).

- **The Collaborative Learning Center**
  Located in the Information Commons of the Valley Library, the CLC provides a variety of services to help students. The Career Center, Chemistry, Library, Math, Physics and the Writing Center provide assistance during scheduled hours. Check out their web site for times at: [http://osulibrary.oregonstate.edu/clc/](http://osulibrary.oregonstate.edu/clc/)

- **Math Learning Center**
  Provides assistance for all 100 and 200 level math courses. No appointment is needed - just drop in between 9:00am and 4:00pm Monday through Friday at Kidder Hall 108, 541-737-4946.

- **Educational Opportunity Program**
  EOP provides instructional, counseling, and tutorial services to students who are among the following populations: students of color, students with disabilities, single parents, low income students, veterans, 25+, first generation and students who have been rurally isolated. Visit Waldo Hall 337 or call 541-737-3628.

- **Disability Access Services**
  Students who have a documented disability or believe that they have a disability potentially have access to a wide variety of academic support services. Contact the DAS office for further information. They are located in the A200 Kerr Administration and can be contacted at 541-737-4098 or 541-737-3666 TDD.

- **Intercultural Student Services**
  Minority Education coordinators as well as the director of the Women’s Center, the program coordinator for the PRIDE Center, and the director of Project Social Justice work individually and collectively to assist and support students of color, women, and LGBT students at OSU in their experiences inside and outside the classroom. The main ISS office is located at Kerr 150 and can be reached at 541-737-9030.