**Career Exploration Log**

Student Name:       Advisor Name:

Exploratory Studies is a temporary academic program for students who have not yet declared an academic major. Declaring a major is an important decision that will require your focus and investment in exploring and applying learning from the many resources available to you on campus. As your academic advisor, I will support and guide you in this process.

1. **Requirements** – You must complete the following three steps prior to registration for the spring semester. Please indicate the date completed next to each item below:

Date       Complete the My Career Planning Readiness, Work Interests, Personality, Leisure Interests, Values, and Skills assessments in Focus2. Upon completing, you will receive a 3-letter code based on your self-reported interests.

**Record your work interest code here:**

Date       Attend a Focus2 Group Interpretation Session via Handshake (*directions on how to sign up for a session are on ES office page in myWidener*)

**Career Counselor code**:

Date       Meet with your academic advisor to discuss your strengths and major interests.

1. **Recommendations** – In addition to the core requirements above, you are strongly encouraged to explore additional resources. Indicate date completed next to each item below:

Date       Discussions with deans/faculty members

Date       Discussions with peers

Date       myWidener, Career Design and Development office, Career Exploration section

Date       Review of online undergraduate catalog for course ladders and descriptions

Date       Other: *(explain)*

1. **Required Reflection** –

What are 2-3 themes that stood out from your exploration?

What majors at Widener connect with these themes?

What possible occupations connect to your above exploration?

***\*\*THIS SIDE FOR ACADEMIC ADVISOR USE ONLY\*\****

**Articulation of Exploration Process  
(refer to Part III Reflection)**

|  |  |  |  |
| --- | --- | --- | --- |
| **Score** | **1 (beginner)** | **2 (developing)** | **3 (advanced)** |
|  | Student reports input gathered from Career Log requirements such as FOCUS2 assessment and career counselor/academic advisor meetings but does not articulate exploration process. | Student not only reports input gathered from Career Log requirements, but begins to articulate exploration process. | Student reports input gathered from Career Log requirements and has clearly articulated exploration process. |

**Utilization of Communication Skills  
(refer to Part III Reflection)**

|  |  |  |  |
| --- | --- | --- | --- |
| **Score** | **1 (beginner)** | **2 (developing)** | **3 (advanced)** |
|  | Writes brief phrases that do not provide evidence to support potential choice of major(s). | Writes at least one complete sentence that provides evidence to support potential choice of major(s). | Writes at least 3 full sentences that provide evidence to support potential choice of major(s). |