

# Exploratory Studies Students at SU



## SELF-EXPLORATION QUESTIONS

Take some time to reflect on these questions as a starting point. Consider what values, skills and interests are apparent in each of your answers.

- What conversation topics keep my attention?
- What subjects/classes do I most enjoy?
- Where have I received recognition or awards?
- What type of assignments interest me?
- What extracurricular activities have I enjoyed?
- What topics/activities excite me?
- What is my ideal work environment?
- What do I want to accomplish professionally?
- What could I spend hours learning about?

Quite often, clarity comes with some reflection and guidance. In addition to taking some time to introspectively discover your passions, SU offers the support needed to chart out your own path.

## FAST FACTS

- **84 incoming students have declared exploratory studies for the 2023 fall semester**
- **47 undergraduate majors offered at SU**
- **90 minors offered at SU**

## Exploring Your Options

If you are still deciding your major, you are in good company! Typically, about 13 percent of incoming first-year students and 3 percent of transfer students are still deciding when they start at Salisbury University. Choosing exploratory studies means you are continuing to refine how your many interests fit into a particular academic area or career path, and often support and guidance can be the distinguishing factors to aid in that process.

As you are discovering your major options, you will find that a great place to start is exploring your own interests, strengths and goals.

## Professional Advisor Guidance

One of the best resources you have throughout your collegiate experience is your academic advisor! At Salisbury, you will be assigned a professional academic advisor who will work with you throughout the major-decision process. Your advisor is knowledgeable of all academic options on campus, regardless of discipline, so you have the opportunity to learn and weigh your options in a supportive, stress-free environment. As often as you want, you can meet with your advisor to explore your major choices. During your meetings, your advisor will equip you with tools and resources, as well as guidance and support as you discover your path. To learn more about the exploratory studies resources and academic advisors available to help you, visit: [salisbury.edu/advising](http://salisbury.edu/advising).

## Career Connections

What did you want to be when you were a child – perhaps, a doctor, a teacher, an accountant or a musician? Often, although not always, a student's major will project them to a specific career field that can place even more importance on the decision. Taking a look at what career options, work-place responsibilities and environments match your personality can be a good starting point for exploration. SU's Career Services professionals offer individualized meetings to help exploratory studies students discover professions of interest. Self-assessments, such as the Strong Interest Inventory, MyPlan or Focus 2, can help you align your interests and skills with your career goals. For more information about Career Services opportunities, visit: [www.salisbury.edu/careerservices](http://www.salisbury.edu/careerservices).

## Academic Checklists

One way to research the various majors on campus is by seeing the course requirements for each program. To view a list of every major, minor, certificate and graduate program at SU, visit the academic catalog: [catalog.salisbury.edu](http://catalog.salisbury.edu).

## Decide Your Major Workshops

What better way to really learn about an experience than from a currently declared student? Each semester, SU hosts a series of workshops for exploratory studies students to hear from their peers what makes their majors unique and engaging. Professional academic advisors and campus administrators also are available to answer questions and provide information about the curricular and co-curricular experiences available through academic departments. During the workshops, students also have the opportunity to declare a major or minor.

## Declaring Your Major

You are not required to declare a major until you accumulate 45 semester hours of coursework. However, the University does encourage you to declare a major as early in your collegiate career as possible; this is because some majors have specific courses that students usually complete as part of their first two years of the General Education curriculum. A delay in declaring some majors may impact your graduation date. It is also important to connect with your academic department early so you can establish a relationship with your faculty advisor and engage in co-curricular opportunities to enhance your collegiate experience, such as internships, undergraduate research, assisting in a professor's lab, study abroad and other department-specific opportunities. When you are ready, the process is easy and your advisor is here to help!

## Getting to Know Our Majors

Consider visiting campus by attending an Open House to learn more about our opportunities! During the day, you will be introduced to many facets of our campus, including our five academic schools and colleges. Each Open House includes a session where representatives from SU's academic departments are available to discuss their majors and answer your questions. This session is a great opportunity to connect with our faculty and learn how their courses fit with your interests. To sign up for an Open House, please visit: [salisbury.edu/admissions/visit](http://salisbury.edu/admissions/visit).

## CONTACT INFORMATION

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