WHY A CAS MAJOR?

Wherever your academic goals eventually take you at the UO, all Ducks begin their journey with foundational courses in the College of Arts and Sciences. More than 60% of students go on to pursue a major in a CAS department or program. Within CAS, there's an intellectual home for almost any interest, talent, or career aspiration.

CAS DIVISIONS











Humanities

Natural Sciences

Social Sciences

School of Computer & Data Sciences

School of Global Studies & Languages











Scan the QR codes to learn more about academics & opportunities in each CAS Division!

WHAT CAS HAS TO OFFER

CAS offers more than 51 Majors and 69 Minors across multiple departments and programs in the natural sciences, social sciences, and humanities. CAS allows you the flexibility to combine Majors and Minors with ease, tailoring your educational experience to YOU. With any degree in CAS you're developing a breadth of skills and a unique profile for your résumé.

51

Major Degree Programs 69

Minor Degree Programs 10,000+

Undergraduate Students in CAS Majors

795

Faculty Members

ACADEMIC DEADLINES



2024-2025 Academic Year Scan the QR Code to see 5 Year Academic Calendar!

| | Fall 2024 | Winter 2025 | Spring 2025 |
|------------------------------------|--|--|---|
| Initial Registration | May 20-30 | November 18-27 | Feb 24- March 5 |
| Classes Begin | September 30 | January 6 | March 31 |
| Last Day to Drop Classes Without W | October 5 | January 11 | April 5 |
| Last Day to Register/Add Classes | October 7 | January 13 | April 7 |
| Last Day to Withdraw from Classes | November 17 | February 23 | May 18 |
| Last Day of Classes | December 6 | March 14 | June 6 |
| Final Examinations | December 9-13 | March 17-21 | June 9-13 |
| Final Grades Due (at Noon) | December 17 | March 25 | June 17 |
| Holiday(s) | Veteran's Day: Nov 11 Thanksgiving: Nov 28-29 | Martin Luther King, Jr Day: January 20 | Memorial Day: May 28 Commencement Ceremony: June 16 |

2025-2026 Academic Year

| | Fall 2025 | Winter 2026 | Spring 2026 |
|------------------------------------|--|--|---|
| Initial Registration | May 19-29 | November 17-26 | Feb 23- March 4 |
| Classes Begin | September 29 | January 5 | March 30 |
| Last Day to Drop Classes Without W | October 4 | January 10 | April 4 |
| Last Day to Register/Add Classes | October 6 | January 12 | April 6 |
| Last Day to Withdraw from Classes | November 16 | February 22 | May 17 |
| Last Day of Classes | December 5 | March 13 | June 5 |
| Final Examinations | December 8-12 | March 16-20 | June 8-12 |
| Final Grades Due (at Noon) | December 16 | March 21 | June 16 |
| Holiday(s) | Veteran's Day: Nov 11 Thanksgiving: Nov 27-28 | Martin Luther King, Jr Day: January 19 | Memorial Day: May 25 Commencement Ceremony: June 15 |



Experiential Learning SCHOLARSHIP







Experiential learning is a tangible way for College of Arts and Sciences students to gain and communicate experience and explore their world through courses, employment, study abroad, participation in job shadowing, labs, student clubs and advisory boards, community engagement, undergraduate research, and internships.

QUICK FACTS

Amount: Up to \$5,000

Undergraduate students pursuing a CAS

Who is Eligible: Major or Minor and planning to participate

in an internship.

Apply Now! https://cas.uoregon.edu/cas-scholarships-fellowships



Scan QR code to apply!

APPLICATION DEADLINE CALENDAR

| For Students Doing Internships In: | Winter | Spring | Summer/Fall* |
|---------------------------------------|---------------|----------------|----------------|
| Application Opens | Week 3 | Week 3 | Week 3 |
| | of Fall Term | of Winter Term | of Spring Term |
| Application Closes | Week 7 | Week 7 | Week 7 |
| | of Fall Term | of Winter Term | of Spring Term |

^{*}Application for the Fall Term Scholarship Opens during Spring Term of School Year Prior, sharing an application deadline with Summer Scholarships

UNDERGRADUATE RESEARCH OPPORTUNITIES

FYRE Funds students in their first year at UO to perform full-time summer research for 8 weeks minimum under UO faculty.

SURF Funds up to five students annually of any class standing to

conduct full-time summer research for 8 weeks minimum under UO faculty.



Learn more & apply!

Academic SCHOLARSHIPS







ARE YOU A CAS MAJOR?!

The College of Arts and Sciences Dean's office will award CAS Majors more than \$200,000 in scholarships for 2024-2025.

Scholarship amounts range from \$1,000 - \$5,000.

APPLY FOR A SCHOLARSHIP!

Visit the CAS Scholarship Page for more information about scholarships and a link to the application on the UO Scholarship Dashboard. Be sure to meet all application deadlines by gathering application materials early (especially letters of recommendation)!



Scan OR code to apply!

https://cas.uoregon.edu/cas-scholarships-fellowships#CAS

THE UNIVERSITY CAREER CENTER



What can the UCC do for CAS Students?



Scan for more or to make an appointment!

The University Career Center (Our résumé!)

Objective

• Welcoming all students to the career center early on, we want to support you all along the way through college!

Skills

- We help you learn about yourself
- Develop your career goals
- Build your résumé
- Connect with potential employers

Experience

- We support all students and recent alumni by providing:
 - Comprehensive job search services
 - Career readiness building experiences
 - Networking opportunities with alumni and employers

Contact Us

- Visit us on the Garden Level (Level 0) of Tykeson Hall or
- Visit https://career.uoregon.edu/career-coaching to set up an appointment in Navigate for an in-person or virtual appointment.
- ¡También se ofrece asistencia en español!

COLLEGE OF ARTS & SCIENCES (CAS) ADVISING: WHERE SHOULD YOU GO?

Students have access to a network of support on campus tailored to their needs and goals. Understanding the best resource to turn to for support is vital to students' belonging and academic success.

CAS ADVISING IN TYKESON HALL

CAS Major/Minor Advising & Career Readiness

Speak with an Advisor in Tykeson Hall to receive personalized academic and career readiness plans for CAS students that support the exploration of your interests, goals, and values.



- CAS Major/Minor Exploration
- Core Education Course Exploration and Strategy
- · Registration Questions
- Navigation of Advising Technologies
- Referral to Experiential Learning Opportunities

- Career Exploration
- Graduation Plans
- Graduation Audits
- Pre-Professional Advising (Health and Law)
- Post-Graduation and Career Readiness Plans

DEPARTMENTAL SUPPORT

Meet with an Expert in the Curriculum

Meet with an expert in the curriculum for specific information about your major/minor department, its policies, and course offerings. Scan the QR-code, scroll to your department, and select the "Major" or "Minor" link to find the expert in your department.



CAS Departmental Advising

- Specialized Knowledge on Course Content
- Create a Customized Pathway through the Major/Minor
- Add or Drop Major/Minor (see Department Website)
- Review of Course Exceptions/Substitutions
- Learn How to Get Involved in your Program

- Transfer Course Evaluations
- Graduate School Information
- Internships and Undergraduate Research
- Capstone Courses, Honors Programs, and Thesis Projects
- Academic Grievance and Departmental

ADDITIONAL CAMPUS RESOURCES

CONNECT WITH YOUR PROFESSORS



- · Letters of Recommendation
- Research, Honors Programs, Capstone Courses, and Scholarships
- Expert Knowledge About the Discipline

CAREER CENTER



- Interview Practice
- Maximize Handshake and LinkedIn Profiles
- Network with Alumni and Employers



OTHER RESOURCES

- One Stop Student Resources
- Accessible Education Center
- Specialized Advising Offices
 - opecialized / lavioning offices
 - Clark Honors College Advising
 - Student Athlete Advising
 - PathwayOregon
 - Center for Multicultural Academic Excellence
 - Trio Student Support Services



We have answers to your FAQS!



How to register for classes using DuckWeb?

- **1.** Check registration Eligibility! (Published on DuckWeb one week before Initial Registration). Registration **begins Week 8** of the Prior Term.
- 2. To Register, log into DuckWeb after your designated time and search for classes by going to:
 - **Student Menu > Registration Menu > Search for Open Classes.** When you find a course you want, click the check box in the Select column then click the Register button at the bottom of the page.





Scan for more help on registering for classes!

How to apply for scholarships?

What we offer: The UO offers a range of scholarships for all students whether you're an incoming freshman, current or transfer student, graduate or law student, or an international student. Don't ignore small awards, they can add up!

How: Apply for UO Scholarships through the **UO Scholarship Dashboard**. Log into the Dashboard and set up your profile by filling out the general application. When applying for scholarships in general, remember to meet all application deadlines by gathering application materials early (especially letters of recommendation).



Scan for more info on scholarships & the UO Scholarship Dashboard Login!

How to connect with others like you?

Student Groups: UO offers **more than 400 student groups** that you can join, and if you don't find one that sparks your interest you can start a new one! There are several places for you to connect with people that share your identity relating to ethnicity, culture, and orientation.

Get Connected: Check out all of the available clubs using the QR Code to the right. Stop by the EMU for more resources at the MCC (Multicultural Center), the Women's Center, the Men's Resource Center, and the Duck Nest Wellness Center.



Scan to check out Campus Clubs!

What is the difference between a BA and BS?

When choosing between a BA (Bachelor of Arts) and a BS (Bachelor of Science), you want to consider which may better suit your specific career goals. To earn a BA at the UO, you need to demonstrate proficiency in a foreign language. This can be done by continuing a language you have already studied, or starting a new language. Either way, you will need to be able to **complete the third term course at the second-year level to fulfill the requirement**. To earn a BS at the UO, you need to take the equivalent of **one year of college-level work in mathematics or computer science**. All courses must be passed at C-/P or better. Scan the QR code for specialized course sequences that apply!



Scan to learn more about earning a Bachelor's degree!

What is the difference between 100/200 & 300/400 level classes?

Classes numbered **100-299** are considered **introductory lower-division courses** at the freshman- and sophomore-level. Classes numbered **300-499** are considered **upper-division courses requiring prior knowledge** at the junior- and senior-level. Some courses at the upper-division level may require prerequisites typically at the lower-division level. Always be sure to read your degree guide or check with an advisor if you are unsure of what courses to take when.



Scan for the Readers Guide to the UO Course Catalog!

How will credits transfer from another institution?

The UO accepts college-level academic course work from regionally accredited two- or four-year college and universities. Credits from colleges outside the United States are evaluated individually. To grant transfer credit, we require **official transcripts**. Note that to graduate, you must complete 45 credits from UO after reaching 120 credits. Only 124 credits from junior and community colleges (90 from international junior college) will be counted toward the total number of credits required for the degree.



Scan for more on Transfer Credits!

When to declare a Major and How?

When: Students are required to declare a major or pre-major by the end of the 4th week of their sixth term (students who started at UO their first term of freshman year) or their third term (transfer students), although some majors may require an earlier declaration for on-time graduation.

How: To declare a major in a CAS Program, scan the QR code to the right for the CAS Department Advising page. Many majors and minors can be declared using an online form, while others may require you to meet with a faculty member or advisor to declare.



Scan to declare a Major on the CAS Department Advising Page!

What is drop-in advising? When should I go to drop-in advising vs. schedule an appointment?

Drop-in advising: Intended for quick questions (**15 mins or less**). It is available inperson and virtual, on a first-come, first-serve basis. Drop-in availability is organized by major. Find your drop-in day by scanning the QR code to the right!



Scan for Advising Drop-in Schedule & instructions for scheduling appointments!

Scheduled appointments: Intended for more detailed questions (**30 mins**). They are available in-person, virtual, and by phone. Schedule them early (during weeks 2-5) online using Navigate, contact us on Teams, or call us at 541-346-9200.

How to visit office hours?

How: Visiting office hours may be intimidating, but you can even bring a friend if you're nervous to go at first! If you can't make their scheduled time, reach out to your professor to set up an alternate meeting. They will be happy to help!

What to ask: You can ask questions related to the class content, assignments, grades, due dates, or even your personal and career goals. You do not need to have a specific question to attend—it is ok to stop by and say hello to build connections.



Scan for more info on visiting Office Hours!

How to make the most of Core Education?

Rethinking Core Ed: Core Ed is more than just a set of requirements, it is your chance to become a well-rounded student by practicing meaningful skills such as critical & creative thinking, written communication, and ethical reflection.

Making the Most: Use your Core Ed Courses as chance to explore potential majors & areas of study. Check out the **Core Ed Section of the Course Catalog** to find unique classes that fulfill the requirements! It may be beneficial to meet with an advisor to see if any Core Ed courses can support your desired major!



Scan for the Core Ed Course Catalog!

AI: Uses and Misuses?

The UO aims to embrace the possibilities of AI as a tool, while maintaining high standards of academic integrity. Every instructor will approach AI use differently based off their course. It is essential to **find out the AI policy in each of your courses**, as well as the expectations for specific course activities and assignments. We encourage transparency and for instructors to discuss the rationale for their AI Policy with their students. It is encouraged that their AI policy be explicitly stated in the course syllabus, however always be sure to ask if this policy is not shared or clear. Scan the QR code to the right for more information on how to use AI responsibly!



Scan for the UO Generative Al Research Guide!

Pass/No Pass Information? Recommendations/Guidance?

Certain courses will offer the alternative grading option to Pass/No Pass. We recommend you talk with an advisor before changing to a Pass/No Pass grading option. Each department, school, or program has its own policies on Pass/No Pass classes for majors. If you choose to change to a Pass/ No Pass option on a course, go to DuckWeb: Student Menu > Change Variable Credit/Grading Option > Click on the drop-down menu to the right of Grade Mode and select the grade option you want > Click Submit Changes. The deadline to change grading options for the regular term is the end of the seventh week of the term. Scan the QR code to the right to see the Academic Dates & Deadlines calendar for specific deadlines per term. Individual CRNs may have different deadlines found in their individual class schedule.



Dates & Deadlines!

How to prepare to start your career after college?

Career readiness is key to ensuring your successful launch into the workforce. It's never too early or too late to get started, and luckily the University Career Center is here to help! The Career Center offers one-on-one career coaching, résumé and cover letter peer coaching, and helpful career tools and resources for you to access, including Handshake, the VitaNavis career assessment, and a Career Readiness Roadmap.

Take your first steps in career exploration:

- 1. Talk with advisors, faculty members, mentors, and fellow students about how your interests and identities connect with majors and careers.
- 2. Create/update your résumé so you're ready for any opportunity that may come up.
- **3.** Activate Handshake and complete your profile to begin searching for opportunities.
- 4. Get involved to build your résumé and learn more about possible careers through job shadowing and informational interviewing. The University Career Center hosts career networking events that are great times to make connections!



Is Handshake available after graduation? How long after?

Yes! All UO graduates have lifetime access to Handshake. All of the University Career Center services, including 1:1 appointments with the career readiness coaches, will continue to be available free of charge for the next year after graduation.

Scan for the

Handshake Login!

What it has to offer: Handshake is a free platform where you can search for jobs, discover new career opportunities, access a career resource library, register for career readiness events and workshops, and connect with local and national employers.

HELPFUL QR CODES

CAS Advising

https://cas.uoregon.edu/advising/access-advising#appointment



Declare a CAS Major

https://cas.uoregon.edu/advising/cas-department-advising



Experiential Learning

https://cas.uoregon.edu/experiential-learning



Scholarships

https://cas.uoregon.edu/scholarships



Core Ed Requirements

https://catalog.uoregon.edu/genedcourses/



Academic Calendar

https://registrar.uoregon.edu/calendars/academic/five-year



Follow us on Instagram!

For CAS Updates and More Fun Info Follow: @uocas



MORE HELPFUL QR CODES

UO Campus Maps

https://map.uoregon.edu/



One Stop Student Resources

https://onestop.uoregon.edu/



How to Register for Classes

https://advising.uoregon.edu/registration



Student Academic Support & Resources

https://advising.uoregon.edu/academic-supportand-resources



Access Basic Needs

https://basicneeds.uoregon.edu/



Find your Campus Community!

Link to Clubs https://studentlife.uoregon.edu/clubs



Link to Student Specific Resources https://cas.uoregon.edu/diversity-resources



STUDENT MILESTONE ROADMAP



Check off these milestones in whatever order suits you best!

Meet with **CAS Advising** to develop a graduation plan that will set you up for success.



Learn how to use DuckWeb, find your registration time, and track your degree progress using **Ducks on Track** (DoT).



Connect with faculty members about courses that interest vou.



Engage in career exploration opportunities (e.g. self-assessments, career fairs, etc.)



Create and complete your Handshake profile and apply for jobs and internships.



Join a campus club or organization.



SO standing

Discover and declare a major and consider a minor.



ICON KEY

Student Experience

Faculty Members

University Career Center

CAS Advising in Tykeson Hall

Complete Online/DuckWeb

Create your LinkedÍn profile and connect with a Duck alumni or others who share your professional interests.



Connect with faculty in your major about 400-level course options, honors, and capstone courses.



90 credits

JR standing

Apply for experiential learning opportunities outside of the classroom (e.g. field work, research, internships).



Enroll in core education classes that develop skills complementing or contrasting your major.



Explore career interests through opportunities such as job shadowing, informational interviewing, and guest lectures.

Meet with a faculty mentor in your major department to gain knowledge of the field and learn about the opportunities available in your program.

Participate in one or more experiential learning opportunity.



Make progress on completing your upperdivision requirements.



SR standing



least 2 terms before you plan to graduate to ensure you are on track.

Meet with an

advisor at



Meet with a Career Coach, advisor, or faculty member to discuss your postgraduation plans.



Network with employers and alumni at University Career Center events.



Prepare for post-grad by taking a career readiness course, attending a workshop, or participating in career networking events.



RSVP for UO commencement & departmental ceremonies.

GRADU Ă Ņ

TRANSFER STUDENT MILESTONE ROADMAP

MILESTONES

Check off these milestones in whatever order suits you best!



YEAR 1



Meet with a CAS Advisor to develop a graduation plan for completing your major and university requirements.



Take a selfassessment to match your personality and interests with educational and career pathways.



Meet with a faculty member in your major department to gain knowledge of the field and learn about the opportunities available in your program.



Create a
Handshake
profile and
apply for jobs
and internships.



Attend one or more of the following:

1. CAS Major Fair

2. Undergraduate Research Symposium



Meet with a Career Coach, advisor, or faculty member to discuss postgraduation plans. FINAL YEAR 135 Credits

SENIORStanding



Create your LinkedIn profile and connect with Duck alumni or others who share your professional interests.



Connect with faculty in your major about 400-level course options, honors, and capstone courses.

5. The Flock Party to explore on-campus clubs and

organiza-

tions

4. Career & Internship Expo

3. Study abroad info sessions



Meet with an advisor at least 2 terms before you plan to graduate to ensure you are on track.



Participate in one or more experiential learning opportunities.



Use the online Big Interview platform to develop your interviewing skills.



Network with employers and alumni at University Career Center events.



Prepare for post-grad by taking a career readiness course, conducting a practice interview, attending a workshop, or participating in an informational interview. GRADUAT-ON-

ICON KEY

University Career Center

CAS Advising in Tykeson Hall

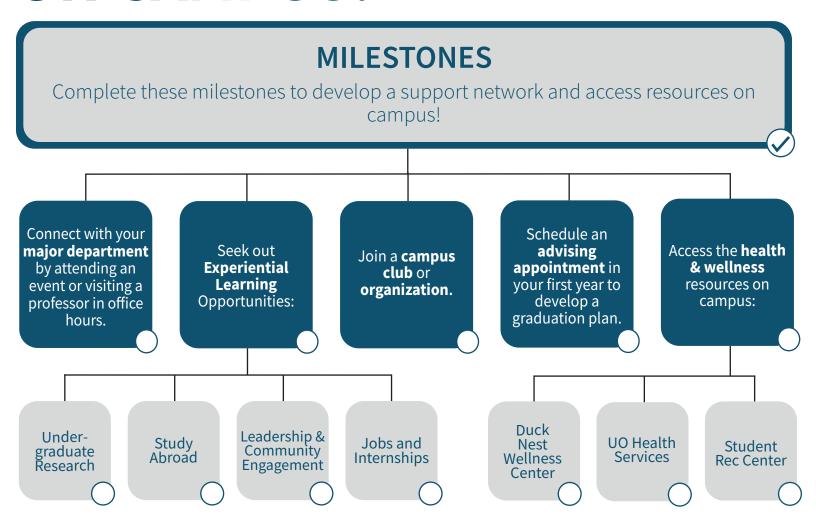
Faculty Members

Student Experience

Complete Online/DuckWeb



DEVELOP YOUR NETWORK ON CAMPUS!



PRO TIPS Get all your ducks in a row by completing our pro tips regularly! ✓

| Attend office hours at least once a term for each of your classes. |
|---|
| Cultivate your support network by building a mentorship map. |
| Keep in contact with professors who share your interests by taking their classes, communicating via email, or visiting office hours. |
| Consult the One Stop Student Resource to find what you need on campus. |
| Consistently check your email, social media, and Canvas for opportunities that support your success, especially from your professors, the College of Arts and Sciences (CAS), CAS advising, the University Career Center, and other campus clubs and organizations! |
| Set Canvas notifications to receive timely messages from your course instructors. |
| Apply for CAS and University scholarships, check CAS website for deadlines. |





What is drop-in advising? When should I go to drop-in advising vs. schedule an appointment?

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Scan for Advising Drop-in Schedule & instructions for scheduling appointments!

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How: Visiting office hours may be intimidating, but you can even bring a friend if you're nervous to go at first! If you can't make their scheduled time, reach out to your professor to set up an alternate meeting. They will be happy to help!



Scan for more info on visiting Office Hours!

What to ask: You can ask questions related to the class content, assignments, grades, due dates, or even your personal and career goals. You do not need to have a specific question to attend—it is ok to stop by and say hello to build connections.

How to connect with others like you?

Student Groups: UO offers **more than 400 student groups** that you can join, and if you don't find one that sparks your interest you can start a new one! There are several places for you to connect with people that share your identity relating to ethnicity, culture, and orientation.



Scan to check out Campus Clubs!

Get Connected: Check out all of the available clubs using the QR Code to the right. Stop by the EMU for more resources at the MCC (Multicultural Center), the Women's Center, the Men's Resource Center, and the Duck Nest Wellness Center.

CUSTOMIZE YOUR COLLEGE EXPERIENCE!

MILESTONES Complete these milestones to develop a customized program of study that includes experiential learning! **Participate** Develop an in one or more **Explore programs** graduation plan <u>experiential</u> Take electives of study that with an advisor learning opportunities that broaden your compliment and that will set you perspective. support your up for success in that align with unique path. your interests, goals, and values: and after college. Volunteer Under-Project-based Relevant job Study work/ graduate Internship experience learning in Abroad Community Řesearch in the field your classes engagement

PRO TIPS Get all your ducks in a row by completing our pro tips regularly! ✓

| Work with an advisor to update your graduation plan at least once a year and whenever your academic goals change. |
|--|
| Apply for the CAS Experiential Learning Scholarship. |
| At the end of each term, reflect on the experiences you've had, knowledge you've gained, and skills you've developed. Use this information to guide your next steps and update your graduation plans, resume, and Handshake profile. |
| See an advisor to help you select your core education courses strategically. Use them to try something new that interests you, develop career competencies, overlap with major, minor, and university requirements as applicable. |
| Take a self-assessment to match your personality and interests with educational and career pathways. |



FAQS

How to make the most of Core Education?

Rethinking Core Ed: Core Ed is more than just a set of requirements, it is your chance to become a well-rounded student by practicing meaningful skills such as critical & creative thinking, written communication, and ethical reflection.

Making the Most: Use your Core Ed Courses as chance to explore potential majors & areas of study. Check out the **Core Ed Section of the Course Catalog** to find unique classes that fulfill the requirements! It may be beneficial to meet with an advisor to see if any Core Ed courses can support your desired major!



Scan for the Core Ed Course Catalog!

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How to apply for scholarships?

What we offer: The UO offers a range of scholarships for all students whether you're an incoming freshman, current or transfer student, graduate or law student, or an international student. Don't ignore small awards, they can add up!

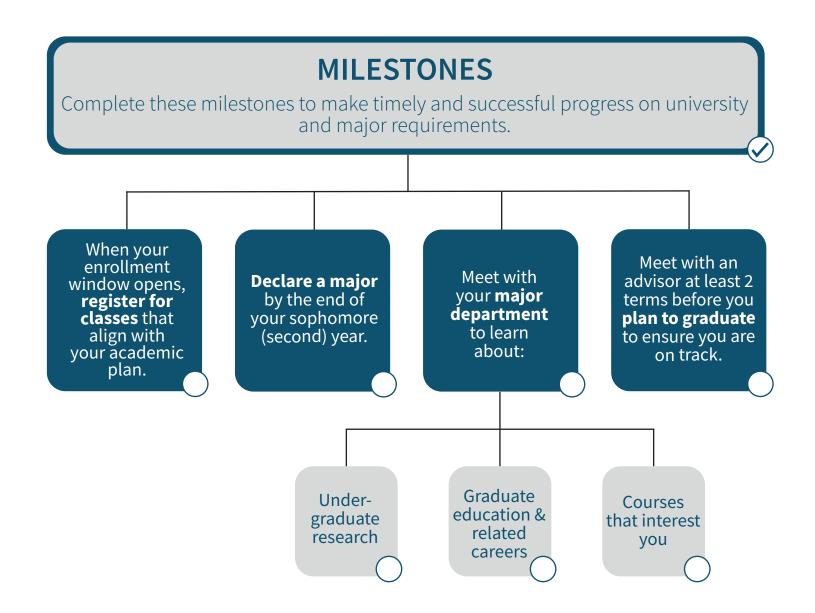
How: Apply for UO Scholarships through the **UO Scholarship Dashboard**. Log into the Dashboard and set up your profile by filling out the general application. When applying for scholarships in general, remember to meet all application deadlines by gathering application materials early (especially letters of recommendation).



Scan for more info on scholarships & the UO Scholarship Dashboard Login!



NAVIGATE YOUR DEGREE!



PRO TIPS Get all your ducks in a row by completing our pro tips regularly! ✓

| П | major or declare a minor in a secondary field of interest. Be mindful of when required courses are offered as they may not be available every term. |
|---|---|
| | Enroll in core education classes that allow you to develop skills that complement or contrast with your |
| | Stay on track by taking an average of 15 credits every term. |
| | Work with an advisor to update your academic plan at least once a year and whenever your academic goals change. |

FAOS

When to declare a Major and How?

When: Students are required to declare a major or pre-major by the end of the 4th week of their sixth term (students who started at UO their first term of freshman year) or their third term (transfer students), although some majors may require an earlier declaration for on-time graduation.

How: To declare a major in a CAS program, scan the QR code to the right for the CAS Department Advising page. Many majors and minors can be declared using an online form, while others may require you to meet with a faculty member or advisor to declare.



Scan to declare a major on the CAS Department Advising Page!

How to register for classes using DuckWeb?

- **1.** Check registration eligibility! (Published on DuckWeb one week before Initial Registration). Registration **begins Week 8** of the Prior Term.
- **2.** To register, log into DuckWeb after your designated time and search for classes by going to:
 - **Student Menu > Registration Menu > Search for Open Classes.** When you find a course you want, click the check box in the Select column then click the Register button at the bottom of the page.
- **3.** If you already know the CRN of the course, under the Registration Menu go to Add/Drop Classes and add the CRN.



Scan for more help on registering for classes!

What is Experiential Learning?

What: Experiential learning is a tangible way for College of Arts and Sciences students to gain and communicate experience and explore their world through courses, employment, study abroad, participation in job shadowing, labs, student clubs and advisory boards, community engagement, undergraduate research, and internships.

Why: Students develop their professional identity, competencies, and confidence and become better equipped to create and sustain flourishing careers filled with purpose.



Scan to learn more about Experiential Learning Opportunities!



BE CAREER READY!

MILESTONES Complete these milestones to develop a career readiness plan that reflects your interests and cultivates your skills! Develop your Complete a leadership skills Meet with a career readiness within campus career coach to course, career discuss your clubs, organizacenter workshop, tions, & volunteer post-graduate or informational work/community plan. interview. engagement. Create a **Handshake** Use Handshake profile and to apply for jobs including a and internships. résumé.

| Update your résumé with your leadership roles, experiential learning opportunities, and club involvement. |
|---|
| Visit with a career coach in the University Career Center to review your résumé and cover letter. |
| Create a LinkedIn Learning account to access free video tutorials from industry experts. |
| Utilize self-assessment tools such as VitaNavis to explore career possibilities. |
| Attend the Career and Internship Expo or an event during Career Readiness Week. |
| Network with employers and alumni at college and University Career Center events. |



How can the University Career Center help me?

Career Readiness: Career readiness is key to ensuring your successful launch into the workforce. It's never too early or too late to get started!

What we offer: The Career Center offers one-on-one career coaching, résumé and cover letter peer coaching, and helpful career tools and resources for you to access including Handshake, the VitaNavis career assessment, and a Career Readiness Roadmap.



Scan for the Career Readiness Roadmap!

What should be my first steps in Career Exploration?

- **1.** Talk with advisors, faculty members, mentors, and fellow students about how your interests and identities connect with majors and careers.
- 2. Create/update your résumé so you're ready for any opportunity that may come your way.
- **3. Activate Handshake** and complete your profile to begin searching for opportunities.
- **4. Get involved to build your résumé**, and learn more about possible careers through job shadowing and informational interviewing. The University Career Center hosts career networking events that are great times to make connections!



Scan for more tips for career exploration!

Is Handshake available after graduation? How long after?

Yes! All UO graduates have lifetime access to Handshake. All of the University Career Center services, including 1:1 appointments with the career readiness coaches, will continue to be available free of charge for the next year after graduation.



Scan for the Handshake Login!

What it has to offer: Handshake is a free platform where you can search for jobs, discover new career opportunities, access a career resource library, register for career readiness events and workshops, and connect with local and national employers.