Academic Advising Center’s
First Year Advising Handbook
The Academic Advising Center

The AAC provides a variety of services to help students achieve their personal, academic and career goals at NIU. We advise students with the major “Undecided-Any College” as they develop meaningful academic plans compatible with their educational and life goals.

Our academic advising focus is on undecided—any college students, students seeking alternative majors and students reassessing their current academic situation. Finally, we support the distinct nature of advising within the colleges and academic departments at NIU.

Meet the Staff

Michelle Pickett  
Director

Beverly McCall  
Associate Director

LaBrian Carrington  
Academic Advisor-Counselor

Keyalo Gray  
Pre-Professional Health Fields Advisor

Mazen Nagi  
Academic Advisor-Counselor
Academic Advising Center's
First Year Advising Handbook

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Northern Illinois University
Your Future. Our Focus.
Understanding the Nature of Advising

First Year Advising Handbook

Welcome to Northern Illinois University and to the Academic Advising Center! We have prepared this packet of valuable information in order to give you:

- A better understanding of the role that academic advising plays in student success
- An introduction to the new academic and personal responsibilities you have accepted
- More knowledge about how the major selection process works

We encourage you to:

- Read through the material
- Complete the Major Exploration Exercises
- Bring this folder to each of your advising meetings to stay organized and track your progress in completing university requirements

AAC assists students with:

- Withdrawal from a course
- Withdrawal from the university
- Academic probation advisement
- Third time course attempts
- Concurrent registration approval
- Overloads (semester course load over 18 hours)
- Late add/drop of classes

Some Questions We Can Answer:

- How do I find a major?
- Who can help me clarify my academic, career and personal goals?
- What are major and/or career options related to my interests, values and goals?
- What can I do with the major I have chosen?
- What are the university’s general education requirements?
- What are some introductory courses that would assist me in exploring possible majors or fields of study?
- What is the difference between a B.A. and a B.S. degree?
- What minors would complement my major?
- What can I do to enhance my academic program?
- How can I make adjustments to my schedule?
- What are the implications of academic warning, probation, or dismissal?
- Who do I contact if I have a question about an academic rule or regulation?
- Where do I find specific campus resources I need?

Advising Objectives and Outcomes for First-Year Students

Arrange advising meetings each semester prior to your MyNIU enrollment appointment to review course planning for the upcoming semester.

Develop short and long-range personal, academic and career goals. Make time to discuss this process with your advisor.

Focus on completion of your Foundational Studies and Knowledge Domains classes; strengthening your writing, math and critical thinking skills.

Use multiple resources to maximize your undergraduate experience (advisors, faculty, student clubs and organizations, community service, leadership opportunities, volunteering, etc.).

Visit the Career Services Office. Learn about the ways you can explore interpersonal factors (interests, personality, values) related to your academic and career goals.

Get to know your professors. It’s both a good way to find out what the different majors are really about and to begin building important collegial relationships.

Know the degree requirements, responsibilities and university policies that apply to you.
The Advising Partnership

A key aspect of academic advising is relationship building for student success. Our goal is for you to develop a positive relationship with your advisor. The first step in developing this relationship is understanding each person’s role and responsibilities. The chart below outlines each party’s role in developing a successful advising partnership. We look forward to working with you this year!

<table>
<thead>
<tr>
<th>Academic Advisor</th>
<th>Student</th>
<th>Parent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monitor student progress and guide you toward academic success.</td>
<td>Responsible for learning and understanding.</td>
<td>Be available to support and encourage.</td>
</tr>
<tr>
<td>Help you understand your responsibilities toward academic success.</td>
<td>Monitor your own academic progress.</td>
<td>Maintain regular contact.</td>
</tr>
<tr>
<td>Act as a liaison between you and NIU.</td>
<td>Know the degree requirements of the college and major of interest.</td>
<td>Offer advice (as needed and when appropriate).</td>
</tr>
<tr>
<td>Act as your advocate.</td>
<td>Communicate with the advisor regarding issues and/or concerns about academics or student life.</td>
<td>Encourage students to do things they can do for themselves.</td>
</tr>
<tr>
<td>Refer you to appropriate institutional resources.</td>
<td>Attend classes.</td>
<td>Allow students to make mistakes in this safe environment.</td>
</tr>
<tr>
<td>Manage time for class preparation.</td>
<td></td>
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</tr>
<tr>
<td>Become familiar with university resources.</td>
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<td></td>
</tr>
<tr>
<td>Understand and adhere to university policies.</td>
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<td></td>
</tr>
</tbody>
</table>

How does the Major Selection Process Work?

The selection of the right major for you is a continuous, decision-making process. The best way to ensure the right choice is to do some investigative homework. This process involves exploring in a number of different ways. First, be aware of all the major choices available to you here at NIU. (See the complete listing of colleges and majors/minors on page 6 and exploratory tracks on page 7).

Some important ways of exploring and confirming your choice may include:

✔ Using tools and information on the internet.
  Academic Advising Center (go.niu.edu/aac)
  Four Year Degree Paths (go.niu.edu/degree_paths)
  Career Services (go.niu.edu/Career_Services)
  Academic Colleges (go.niu.edu/colleges_departments)
  Occupational Outlook Handbook (bls.gov.ooh/)

✔ Attending Exploring Majors & Minors Fair and Mid-Semester Check.

✔ Talking with your professors, especially in courses you enjoy.

✔ Talking with other students in majors you are considering.

✔ Talking with individuals in careers that interest you.
  Seek out job shadowing opportunities
  Interview extended family members about their career paths

✔ Working a part-time job related to a possible career goal.

✔ Volunteering in activities and organizations related to an area of interest.

✔ Living in the Academic and Career Exploratory Scholars House (ACES House).
Undergraduate Pre-Medical and Pre-Professional Health studies at Northern Illinois University prepare students for a broad range of masters and doctoral level health career possibilities including Medicine, Pharmacy, Dentistry, Optometry, Podiatry and Veterinary Medicine.

The overarching mission of Pre-Professional Health advising is to support students throughout their undergraduate academic careers so they can realize their potential and achieve their life goals of becoming medical professionals. The role of the Pre-Professional Health Advisor is to provide guidance and support in developing a plan to best prepare students for professional school studies within the areas of medicine.

The fundamental approach centers on an educational partnership with students to facilitate professionalism, competent decision-making, accountability and leadership. A strong relationship with an advisor is crucial for a student to be able to persist toward achieving academic and career success. As students embark on this journey, the Pre-Professional Health Advisor will connect students with resources and assist in making informed decisions. The Advisor offers support with:

- Identifying areas of interest and prospective majors
- Exploring career pathways within the areas of medicine
- Career preparation and skills development
- Streamlining & navigating the application and admissions process.

Pre-Professional Health Programs are areas of interest, not degree programs. Typically, student’s complete math and science courses required by professional schools in degree areas such as Biology, Chemistry, Psychology or related programs. All course requirements for the professional school’s admissions criteria must be satisfied.

In addition to meeting with the Pre-Professional Health Advisor, students should also meet with their college and/or departmental academic advisor at least once per semester. This will ensure that they are taking courses in the proper sequence to meet graduation requirements.
Exploratory Tracks

Bolded majors are emphases within majors (with the majors in parentheses).

**Administration and Management**
- Accountancy
- Business Administration
- Entrepreneurship and Social Development
- Finance
- Fashion Merchandising

**Health Administration** (Public Health)
- Hospitality and Tourism Management

**Human Resource Management** (Management)
- Leadership and Management
- Marketing
- Operations and Information Management

**Public Administration and Service** (Political Science)
- Sports Management

**Behavioral and Social Sciences**
- Anthropology
- **Child Development** (Human Development and Family Services)
- Early Childhood Education
- Economics
- Elementary Education

**Family and Individual Development** (Human Development and Family Services)
- Geography
- History
- Nonprofit and NGO Studies
- Middle Level Teaching and Learning
- Political Science
- Psychology
- Special Education
- Sociology
- **Pre-Law**

(pre-professional programs are not majors)

**Engineering, Technology and Physical Sciences**
- Advanced Computing and Simulation
  (Mechanical Engineering)
- Actuarial Sciences
- Biological Sciences
- Biomedical Engineering
- Chemistry
- Computational Software
  (Computer Science)
- Computer Science
- Electrical and Computer Engineering
- Electrical Engineering Technology
  (Technology)
- Energy and Environmental Technology
  (Technology)
- Engineering Management
  (Industrial Engineering)
- Enterprise Software
  (Computer Science)
- Environmental Studies
- Geology and Environmental Geosciences
- Health Systems Engineering
  (Industrial Engineering)
- Industrial and Systems Engineering
- Industrial Management and Technology
  (Technology)
- Manufacturing Engineering Technology
  (Technology)
- Manufacturing Systems Engineering
  (Industrial Engineering)
- Mathematical Sciences
- Mechatronics and Robotics
  (Mechanical Engineering)
- Mechatronics Engineering
- Meteorology
- Physics
- Software Development
  (Computer Science)
- Statistics
- Sustainable Energy
  (Mechanical Engineering)
- **Pre-Dentistry; Pre-Medicine; Pre-Optometry; Pre-Pharmacy; Pre-Veterinary Medicine**
  (pre-professional programs are not majors)

**Health and Life Sciences**
- Athletic Training
- Communicative Disorders
- **Environment and Health** (Public Health)
- General Public Health (Public Health)
- Health Promotion (Public Health)
- Health Sciences
- Kinesiology
- Medical Laboratory Sciences
- Nursing
- Nutrition, Health and Wellness
- Pre-Physical Therapy (Health Sciences)
- Physical Education
- Rehabilitation and Disability Services

**Humanities and Fine Arts**
- Acting (Theatre Arts)
- Art
- Art Design and Education
- Art History
- Dance Performance
- Design and Media Arts (Art)
- Design and Technology (Theatre Arts)
- English
- French
- German
- Journalism
- Media Studies (Communication)
- Music
- Music Education (Music)
- Organizational and Corporate Communication (Communication)
- Performance (Music)
- Philosophy
- Rhetoric and Public Communication (Communication)
- Spanish
- **Studio Art** (Art)
- Studio Art (Art Design and Education)
- Theatre Studies

Exploratory Tracks in Which You Have an Interest
Developing Your First Semester Schedule

A typical first-semester schedule can look considerably different depending upon you and your major. As a broad guideline, most students enroll in between 13 and 16 credit hours.  

(TIP: 12 credit hours is minimum, full-time status).

The most important factor to remember as you plan your first term is your GPA (grade point average). Your cumulative GPA may determine whether you can pursue a particular major. Many programs at NIU are LIMITED ADMISSION with GPA being the key factor to admission.

As you prepare to register for your first semester, we strongly recommend that you ask yourself some key questions:

1. Do you have any pending Advanced Placement (AP) and/or College-Level Examination Program (CLEP) Credit?
2. Do you have any transfer credit or are you enrolled in any classes this summer at a community college?
3. What NIU Placement Evaluations have you taken? (Foundational Studies Requirements, Sciences and Foreign Languages)
4. Are you considering a particular major or do you have a few in mind?

Registration Tips

✓ Meet with an advisor BEFORE registering.
  • Not just today — but each and every semester.
✓ Remember to avoid time conflicts.
✓ Most classes do not meet each day of the week.
✓ Classes that meet twice per week are typically longer than those that meet three times per week.
✓ Most Math classes require a “recitation” outside of the lecture course time.
✓ Be aware of the location and time of your classes. Give yourself ample time to travel to/from each academic building.
✓ Become familiar with MyNIU.

Other Courses to Consider

UNIV 101 (University Experience) and UNIV 201 (The Transfer Experience) provide an invaluable introduction to Northern Illinois University. These elective, 1-credit, 12-week courses are designed to help you adjust to NIU and develop the skills necessary to succeed in college and beyond.

CAHC 211 is an undergraduate course which presents career development and career decision making as lifelong processes. Career Planning focuses on the relationship of individuals to their work. Throughout the course, you are provided hands-on opportunities to practice decision making and application of learned skills to personal, academic and career planning.
University Requirements

Developing your first semester schedule includes understanding University Graduation Requirements and possible majors of interest. Most first-semester schedules will consist of courses within NIU Foundational Studies and Knowledge Domains requirements.

Your schedule can vary greatly due to the following factors: Intended major, placement evaluations or equivalency exams. As we work with you, many considerations go into course planning and registration.

AAC Advisors...
- Identify appropriate general education courses that complement your major(s) of interest
- Identify general education courses that assist in the major exploration process
- Identify and ensure your schedule meets University General Education requirements

Basic Graduation Requirements

120 total semester hours
(minimum requirement for baccalaureate degree)

Sample First Year Undecided Major Schedule

<table>
<thead>
<tr>
<th>First Semester Schedule</th>
<th>Second Semester Schedule</th>
</tr>
</thead>
<tbody>
<tr>
<td>COURSE DEPT and NUMBER</td>
<td>COURSE DEPT and NUMBER</td>
</tr>
<tr>
<td>Credit Hours</td>
<td>Credit Hours</td>
</tr>
<tr>
<td>COMS 100 (Foundational Studies)</td>
<td>ENGL 203 (Foundational Studies)</td>
</tr>
<tr>
<td>ENGL 103 (Foundational Studies)</td>
<td>MATH 211* (Core Competency)</td>
</tr>
<tr>
<td>MATH 110*</td>
<td>General Education Course</td>
</tr>
<tr>
<td>General Education Course</td>
<td>General Education Course</td>
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<tr>
<td>General Education Course</td>
<td>General Education Course</td>
</tr>
<tr>
<td>UNIV 101 (Elective)</td>
<td>CAHC 211 (Elective)</td>
</tr>
<tr>
<td></td>
<td>Total credit hours</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* A student’s math course requirements are based upon placement test results and academic interests. Your academic advisor will help you choose the appropriate math course."
## General Education Requirements

21-33 Semester Hours

### Foundational Studies

<table>
<thead>
<tr>
<th>Class</th>
<th>Hours/Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>COMS 100</td>
<td></td>
</tr>
<tr>
<td>ENGL 103*</td>
<td></td>
</tr>
<tr>
<td>ENGL 203A,B,C,D* or 204</td>
<td></td>
</tr>
<tr>
<td>Appropriate MATH†</td>
<td></td>
</tr>
<tr>
<td>MATH 101 or &quot;C&quot; or better in MATH 155, 201‡, 206, 210, 211, 229, (or MATH 110 + STAT 100, STAT 300, ISYE 335)</td>
<td></td>
</tr>
</tbody>
</table>

* ENGL 204 may be taken in lieu of ENGL 103 and 203 (placement test through NIU Testing Services required for ENGL 204). See catalog for other exceptions.

† See “Foundational Studies Requirements” in the catalog for complete math requirements. In most cases your major determines the appropriate math course.

‡ MATH 201 is restricted to elementary education, special education, early childhood and child development majors.

§ Denotes lab for preceding class.

### Knowledge Domains (Minimum of 21 Semester Hours)

A variety of courses must be taken in each of the four categories below.

#### Society and Culture (6 semester hours)

No more than six hours in any one department.

<table>
<thead>
<tr>
<th>Class</th>
<th>Hours/Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>ANTH 102, 210; ART 100, 101, 102, 103; ARTH 282, 292, 294, 340, 350, 362; COMS 203, 220, 230, 356, 480; ENGL 110, 115, 116, 117, 310, 315, 340, 350, 361; EPFE 521, 400, 410, EPS 300, 430, ETT 231, FLCL 271, FLFR 371, FLIT 272, FLRU 361; FSMD 262; HIST 110, 112, 140, 141, 170, 171, 260, 261, 352, 369, 383; IDSP 225; JOUR 350; KNPE 293; LATS 100; MEE 382; MGHT 227, 311, 327; MUHL 220, 221, 222; PHIL 101, 103, 105; POLS 150, 251; SESE 320; TH-D 222, 474; THEA 203, 370, 379; UBUS 110; WGSS 202</td>
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</tbody>
</table>

### Creativity and Critical Analysis (6 semester hours)

No more than six hours in any one department.

<table>
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<tbody>
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<td>ANTH 102, 210; ART 100, 101, 102, 103; ARTH 282, 292, 294, 340, 350, 362; COMS 203, 220, 230, 356, 480; ENGL 110, 115, 116, 117, 310, 315, 340, 350, 361; EPFE 521, 400, 410, EPS 300, 430, ETT 231, FLCL 271, FLFR 371, FLIT 272, FLRU 361; FSMD 262; HIST 110, 112, 140, 141, 170, 171, 260, 261, 352, 369, 383; IDSP 225; JOUR 350; KNPE 293; LATS 100; MEE 382; MGHT 227, 311, 327; MUHL 220, 221, 222; PHIL 101, 103, 105; POLS 150, 251; SESE 320; TH-D 222, 474; THEA 203, 370, 379; UBUS 110; WGSS 202</td>
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</tbody>
</table>

### Sciences and Mathematics (6 semester hours)

No more than six hours in any one department.

<table>
<thead>
<tr>
<th>Class</th>
<th>Hours/Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>ANTH 103, 240; ARTH 331; BIOS 101, 103, 105*, 106, 107, 109; CHEM 100, 110+111*, 210+212*, 211+213*; CSCI 205; ELE 100; ENVS 210; ETR 450; ETT 234; GEOG 101, 105, 253, 303; GEOL 101, 103, 104, 105, 120+121*, HIST 323, 377; ILAS 261; ISYE 100, 250(2), 420; KNPE 100; MEE 101; NUTR 201; OMIS 259; PHIL 205; PHYS 150, 151*, 162, 180+181*, 210 (4), 211 (4), 253(4), 273(4); PSYC 345, 481; STAT 200; TECH 245, 294 * Denotes (1) credit hour Lab</td>
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### NATURE and Technology Course Choices

<table>
<thead>
<tr>
<th>Class</th>
<th>Hours/Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>ANTH 103, 210, 240; ARTH 331; BIOS 101, 103, 105*, 106, 107, 109; CHEM 100, 110+111*, 210+212*, 211+213*; CSCI 205; ELE 100; ENVS 210; ETR 450; ETT 234; GEOG 101, 105, 253, 303; GEOL 101, 103, 104, 105, 120+121*, HIST 323, 377; ILAS 261; ISYE 100, 250(2), 420; KNPE 100; MEE 101; NUTR 201; OMIS 259; PHIL 205; PHYS 150, 151*, 162, 180+181*, 210 (4), 211 (4), 253(4), 273(4); PSYC 345, 481; STAT 200; TECH 245, 294 * Denotes (1) credit hour Lab</td>
<td></td>
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</tbody>
</table>

### Electives (3 semester hours)

<table>
<thead>
<tr>
<th>Class</th>
<th>Hours/Grade</th>
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</thead>
<tbody>
<tr>
<td></td>
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</tbody>
</table>

* ENG 204 may be taken in lieu of ENGL 103 and 203 (placement test through NIU Testing Services required for ENGL 204). See catalog for other exceptions.

† See “Foundational Studies Requirements” in the catalog for complete math requirements. In most cases your major determines the appropriate math course.

‡ MATH 201 is restricted to elementary education, special education, early childhood and child development majors.

§ Denotes lab for preceding class.
Majors of Undergraduate Study

DIRECTIONS:

Highlight programs you want to know more about and cross out programs that you know you are not interested in.

College of Business
Accountancy (B.S.)
Business Administration (B.S.)
Finance (B.S.)
Management (B.S.)
Marketing (B.S.)
Operations Management and Information Systems (B.S.)

College of Education
Applied Management (Department of ETANA)
Athletic Training (B.S.)
Early Childhood Education (B.S.)
Education B.G.S. Contract Major
Education B.S. Contract Major
Elementary Education (B.S.Ed.)
Kinesiology (B.S.)
Middle Level Teaching and Learning (B.S.Ed.)
Physical Education (B.S.Ed.)
Special Education (B.S.Ed.)
Sports Management (B.S.)

College of Engineering and Engineering Technology
Biomedical Engineering
Engineering and Engineering Technology
B.S. Contract Major

College of Liberal Arts and Sciences
Anthropology (B.A. or B.S.)
Actuarial Sciences
Applied Management (School of Public and Global Affairs)
Biological Sciences (B.S.)
Chemistry (B.S.)
Communication Studies (B.A. or B.S.)
Computer Science (B.S.)
Economics (B.A. or B.S.)
English (B.A.)
Environmental Studies (B.A. or B.S.)
Geography (B.A. or B.S.)
Geology and Environmental Geosciences (B.S.)
History (B.A. or B.S.)
Liberal Arts and Sciences B.A. or B.S. Contract Major
Liberal Arts and Sciences B.G.S. Degree
Mathematical Sciences (B.S.)
Meteorology (B.S.)
Nonprofit and NGO Studies (B.A. or B.S.)
Philosophy (B.A. or B.S.)
Physics (B.S.)
Political Science (B.A. or B.S.)

College of Visual and Performing Arts
Art (B.A. or B.S.)
Art and Design Education (B.S.Ed.)
Art History (B.A.)
Art Studio and Design (B.F.A.)
Dance Performance (B.F.A.)
Music (B.A. or B.M.)
Theatre Arts (B.F.A.)
Theatre Studies (B.A.)
Visual and Performing Arts B.A.
Contract Major
Visual and Performing Arts B.G.S.
Contract Major

Pre-professional Studies
• Combined Degree Program in Physics and Engineering
• Pre-dentistry
• Pre-law
• Pre-medicine
• Pre-optometry
• Pre-pharmacy
• Pre-veterinary medicine

Minors and Certificates of Undergraduate Study

College of Business
Minors
Business Administration
Business Analytics
Business Innovation and Entrepreneurship
Finance
International Marketing
Marketing
Social Entrepreneurship

Certificates of Study
Enterprise Management Using SAP Software
Business Analytics Using SAS Software-SAS Joint Certificate Program
Digital Marketing
Finance
Information Systems
Professional Selling
Retail Management
Social Entrepreneurship

College of Education
Minors
Coaching
Kinesiology and Physical Education
Social Change Leadership
Special Education Foundations
Sports Management
Sports Sales

Certificates of Study
Culturally Relevant Teaching eLearning Design
Foundations of Education
Policy Studies
Inclusive Teaching Practices
Middle School Literacy
Philosophy of Education
Young Children With Disabilities Studies

College of Engineering and Engineering Technology
Minors
Biomedical Engineering
Electrical Engineering
Mechanical Engineering
Sustainable Engineering
Certificates of Study
Energy Management
Facilities Management
Lean Six Sigma
Logistics

College of Health and Human Sciences
Minors
Communicative Disorders
Deafness
Family and Child Studies
Fashion Merchandising
General Minor in FCNS
Gerontology
Health Education
Military Science
Nutrition, Health and Wellness
Public Health

Certificates of Study
Illinois Director Credential Certificate—Level 2
Infant Toddler Credential Certificate—Level 5
Leadership in Aging Services

College of Liberal Arts and Sciences
Minors
Actuarial Science
Anthropology

College of Liberal Arts and Sciences
Biological Sciences
Black Studies
Chemistry
Classical Studies
Cognitive Studies
Communication Studies
Comparative Literature
Computer Science
Economics
Elementary Mathematics Education
English
Environmental Studies
Geography
Geology and Environmental Geosciences
Global Studies
History
Journalism
Latin/Latin American Studies
LGBTQ+ Studies
Linguistics
Mathematical Sciences
Nonprofit and NGO Studies
Philosophy
Physics
Political Science
Professional Communication
Psychology
Sociology
Southeast Asian Studies
Statistics
Women’s and Gender Studies
World Languages and Cultures

Certificates of Study
Applied Ethics
Asian American Studies
Creative Writing
Criminology
Digital Media Production

Film and Television Studies
Geographic Information Systems
Homeland Security
LGBTQ+ Studies
Mobile Programming
Nonprofit and NGO Studies
Public Service Leadership
Religious Studies
Sustainable Food Systems
Women’s and Gender Studies

Educator Licensure
Biology
Chemistry
World Languages and Cultures
Geography

Minors

Interdisciplinary Concentration
Medieval Studies
Professional Educator Licensure
Social Sciences: Anthropology
Social Sciences: Economics
Social Sciences: Geography
Social Sciences: Political Science
Social Sciences: Psychology
Social Sciences: Sociology

College of Visual and Performing Arts
Minors
Art
Art History
Dance Performance
Theatre Studies

For descriptions and requirements of programs of study refer to the 2018/2019 Undergraduate Catalog: catalog.niu.edu/index.php.
Major Exploration Exercises

Some students have majors in mind that they want to explore:
“
“I am thinking about psychology or family and child studies.”
“I am considering communication studies or marketing.”
“I want to learn more about physics or electrical engineering.”
“I am looking at elementary or health education.”

Some students have particular skills or interests that they don’t automatically connect to specific majors/careers:
“
“I really like sports/athletics.”
“I want to work with people who have disabilities.”
“I’m good at working with my hands.”

Some students have careers in mind but don’t know what majors get them there:
“
“I know that I want to be a high school counselor.”
“I’m really interested in becoming a lawyer.”
“I want to own a business.”

Majors and Minors that I have considered or that others have suggested are:

Complete these sentences:
People say I am good at...

If I had $1,000,000, I would...

I am passionate about...

If I started a business or organization to solve a need or provide a service, it would be...

When choosing a major, ask yourself:
What will be the primary purpose of the major?
What kinds of skills will the major emphasize?
What careers might this major lead to in the future?
Is this a major field in which I think I can perform well?

Creating a “Short List”

Once you have spent some time reviewing the possible majors/minors, you are now in a much better position to identify some majors of interest and eliminate others. Knowing what you will not enjoy is just as important as knowing what you will enjoy!
Exploratory Questionnaire

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
<th>I think I might enjoy studying:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td></td>
<td>writing or literature</td>
</tr>
<tr>
<td>2.</td>
<td></td>
<td>math</td>
</tr>
<tr>
<td>3.</td>
<td></td>
<td>science</td>
</tr>
<tr>
<td>4.</td>
<td></td>
<td>technology or computers</td>
</tr>
<tr>
<td>5.</td>
<td></td>
<td>art, design or architecture</td>
</tr>
<tr>
<td>6.</td>
<td></td>
<td>music or performing arts</td>
</tr>
<tr>
<td>7.</td>
<td></td>
<td>business</td>
</tr>
<tr>
<td>8.</td>
<td></td>
<td>medical or health specialties</td>
</tr>
<tr>
<td>9.</td>
<td></td>
<td>teaching</td>
</tr>
<tr>
<td>10.</td>
<td></td>
<td>politics, law or criminal justice</td>
</tr>
<tr>
<td>11.</td>
<td></td>
<td>philosophy, history or classics</td>
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<tr>
<td>12.</td>
<td></td>
<td>languages or cultures</td>
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<tr>
<td>13.</td>
<td></td>
<td>communication</td>
</tr>
<tr>
<td>14.</td>
<td></td>
<td>social sciences and social service (psychology, sociology etc.)</td>
</tr>
<tr>
<td>15.</td>
<td></td>
<td>engineering</td>
</tr>
<tr>
<td>16.</td>
<td></td>
<td>construction or building trades</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
<th>I think I might enjoy doing the following types of work:</th>
</tr>
</thead>
<tbody>
<tr>
<td>17.</td>
<td></td>
<td>providing assistance or services to help people</td>
</tr>
<tr>
<td>18.</td>
<td></td>
<td>mechanical, electrical or computer technologies</td>
</tr>
<tr>
<td>19.</td>
<td></td>
<td>work with numbers or data</td>
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<td>20.</td>
<td></td>
<td>criminal or legal work</td>
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<tr>
<td>21.</td>
<td></td>
<td>construction, facilities or architecture</td>
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<td>22.</td>
<td></td>
<td>creative arts or culinary arts</td>
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<td>23.</td>
<td></td>
<td>managing or directing</td>
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<td>24.</td>
<td></td>
<td>medicine, nursing, or health care</td>
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<tr>
<td>25.</td>
<td></td>
<td>teaching or education</td>
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<tr>
<td>26.</td>
<td></td>
<td>politics or advocating</td>
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<td>27.</td>
<td></td>
<td>community services</td>
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<td>28.</td>
<td></td>
<td>writing</td>
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<tr>
<td>29.</td>
<td></td>
<td>organization or planning</td>
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<td>30.</td>
<td></td>
<td>counseling</td>
</tr>
<tr>
<td>31.</td>
<td></td>
<td>designing systems or equipment</td>
</tr>
</tbody>
</table>

32. The following statement most represents what I’m thinking about CAREERS after college:
   A. I am very decided about what I would like to do for a career after college.
   B. I am interested in one career, but want to check out my other options as well.
   C. I am interested in multiple careers, but am having trouble choosing between them.
   D. I know exactly what I would like to do as a career, but haven’t identified a major yet.

33. The following statement most represents what I’m thinking about MAJORS of study:
   A. I am very undecided about what I would like to study.
   B. I am interested in one major, but want to check out my other options as well.
   C. I am interested in multiple majors, but am having trouble choosing between them.
   D. I know exactly what I would like to study, but have not yet been admitted to this program.

If you marked something other than “A” on questions 32 and 33, then please list any option(s) you are considering for majors or careers:

_________________________________________________________________________
_________________________________________________________________________
_________________________________________________________________________
_________________________________________________________________________

Adapted from the Center for Exploratory Studies and McMicken College of Arts and Sciences, University of Cincinnati
The First Year Advising Handbook is a packet of valuable information that will give you a better understanding of the role that academic advising plays in your success, an introduction to the new academic and personal responsibilities you have accepted and more knowledge about how the major-selection process works.