



EXPLORATION ACTIVITY WORKSHEET

Purpose: The exploration activity is designed for students to “explore” opportunities at UM as they relate to student success, majors, careers of interest and other experiences they want to have at Maryland. Advisors are trained to work with students at various stages of their academic development and thus, you and your advisor will determine what type of activity or process you should explore to bring you closer to your academic goals.

NAME: \_\_\_\_\_ UID: \_\_\_\_\_

DATE: \_\_\_\_\_ ADVISOR NAME: \_\_\_\_\_

Majors of interest: \_\_\_\_\_

Part I: Please place a check in the box next to the activity/process you participated in:

- College/Major Advising, Informational Interview, 1 Credit Course, Workshop Attendance, Website Review, Other

(If appropriate)

Date of Activity: \_\_\_\_\_ Location: \_\_\_\_\_

Who did you meet with or who conducted the workshop? \_\_\_\_\_

Part II: Please provide a brief summary of your findings/experience. Be sure to include, if appropriate, what topics were covered and what you learned from your experience:

Blank lines for summary

Part III: Please indicate if this experience was helpful in bringing you closer to your goals, why or why not? \_\_\_\_\_

Blank lines for response