CENTER for MAJOR EXPLORATION (CME)

PREVIEW 2016
Center for Major Exploration Staff

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Director

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Student Success/ Academic Advisor and Instructor

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Success Advisor
Overview of Presentation

- About the Center for Major Exploration (CME)
- Exploration Process
- ODU’s Seven Colleges
- General education/major requirements
- Scheduling your first semester at ODU
- Involvement Opportunities
- Academic Success at ODU
- Afternoon Registration
Center for Major Exploration

CME is the right place for:

- Keeping Academic Options Open
- Exploring Options
- Benefiting from the Major/Career Decision-Making Model

Not Sure Yet? Great!!

- Spend some time exploring your options
- Work with your advisor to identify your strengths
- Be educated and informed before you commit to a major

Purpose Statement for CME:
The purpose of the Center for Major Exploration is to assist exploratory students in making appropriate decisions regarding their major and career goals.
CME’s 3 Step Process
Spring 2016

Initial Interview
(September)

Decision-Making Workshop
(October)

Pre-Registration Advising
(October/November)

***These Appointments are Required***
Exploration at CME
Fall 2016

Required Appointments

Major Exploration
- Review Academic Performance
- Discuss Exploration Progress
- Refer to Additional Resources

Pre-Registration Advising
- Review Major Plan
- Discuss Summer/Fall Course Options
- Refer to Department Advisor as Needed
Choosing a Major

What percentage of students do you think change majors at least once?
- 70 - 80% of students change majors at least once.
- Many more than once.

Why do you think students change majors?
- They haven’t explored their interests, skills and values.
- Choosing major for the wrong reasons.
- Parental influence
- Money
- Based on what their friends are going into.
- Job market statistics
ODU’s Seven Colleges

- Civil Engineering
- Electrical Engineering
- Mechanical Engineering
- Biology
- Psychology
- Math
- Exercise Science
- Human Services
- Sports Management
- Management
- Marketing
- Information Technology
- Criminal Justice
- Communication
- IDS Teacher Preparation
- Nursing
- Dental Hygiene
- Environmental Health

Center for Major Exploration & Advising and Transfer Programs

- Scholarship Opportunities
- Honors Course Selections
- Annual Stipend

Student Success Center (Located in Perry Library)

Promotes academic excellence and enhances success

Services include:
- Peer Mentoring
- Tutoring
- Testing Center
- Academic Skills
- Student Support Services
- Educational Accessibility

Major Videos
Your Path Towards Graduation

Writing Proficiency Requirements

Upper Division Gen Ed or Minor

Major Requirements | Specific College Requirements

Placement Tests
pg. 10 (full CME Guide)
Pgs. 2-3 (abbreviated CME Guide)

Lower Gen. Ed. Requirements
pgs. 11-14 (full CME Guide)
Pgs. 5-7 (abbreviated CME Guide)

Please refer to pages 21-28 in your “PREVIEW Guide” For Course Descriptions

Skills (writing, oral communication, mathematics, foreign language, computer skills)

Perspectives (fine and performing arts, history, literature, philosophy, natural science, social science)
## 2015-2016 Old Dominion University Catalog

**Bachelor of Science in Exercise Science - Option A**

*For Students Pursuing Physical Therapy*

This is a sample four year curriculum with a suggested ordering of courses. Students have the flexibility of re-ordering as needed.

### YEAR 1 - FRESHMAN (31 CREDITS)

<table>
<thead>
<tr>
<th>FALL SEMESTER (12 credits)</th>
<th>SPRING SEMESTER (15 credits)</th>
<th>SUMMER SEMESTER (4 credits)</th>
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<tr>
<td><strong>General Education Courses:</strong></td>
<td><strong>General Education Courses:</strong></td>
<td><strong>BIOL 250</strong></td>
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<tr>
<td>ENGL 110C</td>
<td>Literature</td>
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<tr>
<td>MATH 102M, 103M or 162M</td>
<td>Human Creativity</td>
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<tr>
<td>Oral Communication</td>
<td>Interpreting the Past</td>
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<tr>
<td>3</td>
<td>3</td>
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<tr>
<td>Human Behavior: PSYC 201</td>
<td>Information Literacy &amp; Research</td>
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<tr>
<td>3</td>
<td>Major Course</td>
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<tr>
<td></td>
<td>EXSC 225</td>
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### YEAR 2 - SOPHOMORE (33 CREDITS)

<table>
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<th>SPRING SEMESTER (15 credits)</th>
<th>SUMMER SEMESTER (4 credits)</th>
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<td><strong>General Education Courses:</strong></td>
<td><strong>BIOL 251</strong></td>
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<tr>
<td>Nature of Science: Biol 121N/122N</td>
<td>Nature of Science: Biol 123N/124N</td>
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<tr>
<td>4</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>ENGL 211C, 221C or 231C</td>
<td>STAT 130M</td>
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<tr>
<td>3</td>
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<td>3</td>
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<tr>
<td>Language &amp; Culture (may be waived)</td>
<td>Language &amp; Culture (may be waived)</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Major Courses</td>
<td></td>
</tr>
<tr>
<td>Major Courses</td>
<td>Minor/Elective*</td>
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<tr>
<td>EXSC 250</td>
<td>EXSC 240</td>
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Your ODU Catalog

Electronic Catalog

- Policies, procedures, requirements, and course descriptions
- Guide towards earning your bachelor’s degree
- As a student it is YOUR responsibility to follow the information in the catalog

Your contract with ODU
Exploration Opportunities

- Collaboration with CMC
- Majors Fair
- Univ 120
- Career/Internship Fairs
In order to graduate in 4 years it is recommended that students enroll in at least 15 credit hours per semester.

If you wish to enroll in summer classes please contact your Financial Aid Counselor to determine your aid eligibility.

Please note: Students are required to make satisfactory academic progress in order to maintain financial aid eligibility (i.e. scholarships, grants and loans). Please consult your Financial Aid Counselor for more information.
Academic Success at ODU

Grades at ODU
• 4.0 scale
  (pluses and minuses do count!)

• Early Alert grades for 100- and 200-level courses
  (posted week 6 of classes)

• Must maintain 2.0 GPA
  (If not, ODU’s Continuance Policy takes effect)

**See Preview guide p. 30 for information about the differences between high school and college**
### GPA Calculation Example

<table>
<thead>
<tr>
<th>Course</th>
<th>Grade</th>
<th>GPA</th>
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<tbody>
<tr>
<td>(Math 103)</td>
<td>C-</td>
<td>1.7</td>
</tr>
<tr>
<td>(Musc 264)</td>
<td>A-</td>
<td>3.7</td>
</tr>
<tr>
<td>(Hist 104)</td>
<td>C-</td>
<td>1.7</td>
</tr>
<tr>
<td>(Comm 101)</td>
<td>D</td>
<td>1.0</td>
</tr>
<tr>
<td>(Psyc 201)</td>
<td>C-</td>
<td>1.7</td>
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</table>

**Chris**

**GPA =** 1.96

<table>
<thead>
<tr>
<th>Course</th>
<th>Grade</th>
<th>GPA</th>
</tr>
</thead>
<tbody>
<tr>
<td>(Engl 110)</td>
<td>C-</td>
<td>1.7</td>
</tr>
<tr>
<td>(Math 103)</td>
<td>C+</td>
<td>2.3</td>
</tr>
<tr>
<td>(Hist 104)</td>
<td>B+</td>
<td>3.3</td>
</tr>
<tr>
<td>(Dance 185)</td>
<td>C+</td>
<td>2.3</td>
</tr>
<tr>
<td>(Comm 101)</td>
<td>C</td>
<td>2.0</td>
</tr>
</tbody>
</table>

**Mary**

**GPA =** 2.32
Scheduling Classes

Consider the following factors:

- Consider your commute & traffic patterns
- Whether you are a morning or evening person
- Course locations (where are the buildings on campus?)
- Balancing course load - course difficulty level
- Working 15 or more hours per week
- Family obligations
- Involvement in student activities
- Recreation and social activities
5 Things to Have at Registration

1. Your UIN (8-digit University Identification Number)

2. A pen (you will be filling out forms)

3. CME Packet

4. List of any AP / IB / Dual Enrollment / Transfer credit you expect to receive

5. PREVIEW Guide 2016
Spring 2016 To Do List:

- Check your student email daily (MyODU) *(During Spring 2014 over 5,000 students were at risk of losing their financial aid for failure to respond to their award email.)*

- Complete your Initial interview in January

- Attend **Required** Decision-Making Workshop (after completing your initial interview)

- Schedule a pre-registration advising appointment in March

- Your advisor is your resource, use it.
DATES TO REMEMBER:

Spring 2016:

- Jan. 9th  Classes Begin (Saturday)
- Jan. 11th Spring Tuition Deadline (Monday)
- Jan. 19th  Last day to Add/Drop a course and receive full tuition refund or credit (Tuesday)
- Jan. 26th  Last day to withdraw from a course and receive 50% tuition refund or credit (Tuesday)

****CME Walk-In Days January 11th– January 19th, 2016***
Pop Quiz!!!

Name the 3 appointments you will need to complete in the Fall:

1. Initial Interview
2. Decision Making Workshop
3. Pre-Registration Advising
We Want Your Feedback!!
Please Remember to
Fill out your PREVIEW
Evaluations
Contact Us!!

You may reach us at:
1500 Webb Center (Across from Starbucks)
757.683.4805

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