Overview of Premajor Requirements

Fall Quarter
• Attend a Registration 101 Session
  
  Session information will be available on ConnectSU

• Schedule and Attend Quarterly Advising Appointment
  
  See page 3 for instructions on how to schedule an appointment with your advisor

  My quarterly advising appointment is on:


Winter Quarter
• Complete the Review Majors & Comparing Majors Activity (pg. 12-15)

  Bring completed activities to quarterly advising appointment on:


Spring Quarter
• Complete Faculty Interview Activity (pg. 18-19)
  
  This activity requires you to meet with a faculty member!

  Bring completed activity to quarterly advising appointment on:


NOTE: You will have a registration hold on your account each quarter until the quarterly activity and advising meeting is complete!
Premajor Studies Program

**Location:** Bellarmine Advising Center (BAC)  
Bellarmine 111  
**BAC Front Desk Phone Number:** 206-296-2260  
**Web Site:** www.seattleu.edu/premajor

### How to Schedule an Appointment with your Premajor Studies Advisor:

1. Go to Premajor Studies webpage [https://www.seattleu.edu/premajor/](https://www.seattleu.edu/premajor/) and click the “Schedule Appointment” button below your advisor’s picture.

2. Choose the “First Year Quarterly Advising Appointment” option.

3. Choose the day and time of your appointment. Days with available appointment times will be in bold.

4. Make sure to add your details and provide additional information.

5. Click “Book” and you’re done! Don’t forget to show up on the day/time of your appointment!

*SCHEDULE APPOINTMENTS EARLY — there are limited spaces available. If you miss your appointment or don’t schedule within the first three weeks of the quarter, you are not guaranteed to see your advisor before you register. If you are having a hard time scheduling your appointment, stop by or call the BAC to schedule.

### How to Sign Up for a Learning Specialist or a Tutor

Learning Specialists are consultants that can help you to improve or develop study skills, time management strategies, or understand your unique learning style.

1. Go to [www.seattleu.edu/learning-assistance](http://www.seattleu.edu/learning-assistance) and click on the “TutorTrac” link under Schedule Appointment.

2. Log in using your SU credentials.

3. Click on “search availability” on the left.

4. Enter your student ID and select “Learning Assistance Programs” from the drop down menu for “Center”

5. Choose the course you are needing assistance in.

6. Make the appropriate choice under “Reason” (a tutoring Needs Assessment must be completed first before you can schedule to work with a tutor). Leave the date ranges as they are.

7. Click the “Search” button.

8. Click on preferred appointment time and fill in the necessary information. Click the “save” button.

9. You will receive an email confirmation with confirmed details (Please read the e-mail for important information and to ensure accuracy).

**Failure to follow instructions may result in cancellation of scheduled appointment.**

If you are unable to find an appointment time, or want to schedule over the phone, please contact the Learning Assistance Programs office at 206-398-4450, or visit their office on the 2nd floor of the library.
STUDENT LEARNING OUTCOMES
As a result of my active participation with the Premajor Studies Program, I am able to:

• Discuss where I am in my major discernment process.
• Follow necessary steps to register for classes.
• Access and utilize my program evaluation to track my academic progress.
• Identify the Core Curriculum requirements at SU.
• Utilize the Core Curriculum as one possible tool for exploring majors.
• Use the appropriate campus resources to meet my needs.
• Develop a better understanding of my values, strengths, and abilities.
• Set attainable academic goals consistent with my values, strengths, and abilities.
• Gain an increased awareness of my academic options.
• Recognize that there is not necessarily a direct connection between my major and a particular career.
• Reflect on my experiences and use that information to make better informed academic decisions.
• Feel more confident that I will select the major that is the best fit for me.

DEMONSTRATING YOUR ACHIEVEMENT OF THE LEARNING OUTCOMES
In order for you and your advisor to accurately measure and document that you have achieved the above learning outcomes, you will be assessed in two ways:

1. Entry/Exit Self-Assessment: completed upon entry and exit of the Premajor Studies Program. This document provides a way for you to see how much you’ve grown over time.
2. Annual Advising Survey: completed in Winter Quarter to tell us about your experience in the program and the learning you’ve achieved.

SEATTLE U GRADING INFORMATION

Grade Point Average (GPA):
Weighted average of numerical value assigned to letter grade of course and credits earned. See chart to the right for point values.

GPA, Cumulative:
GPA based on all SU work, not including transfer credit.

GPA, Major:
GPA of SU coursework specifically required within the major. CORE classes, college requirements, general electives, and transfer credit are not included in the major GPA.

<table>
<thead>
<tr>
<th>Grade Point Values</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>A = 4.0</td>
<td>C = 2.0</td>
<td></td>
</tr>
<tr>
<td>A- = 3.7</td>
<td>C- = 1.7</td>
<td></td>
</tr>
<tr>
<td>B+ = 3.3</td>
<td>D+ = 1.3</td>
<td></td>
</tr>
<tr>
<td>B = 3.0</td>
<td>D = 1.0</td>
<td></td>
</tr>
<tr>
<td>B- = 2.7</td>
<td>D- = 0.7</td>
<td></td>
</tr>
<tr>
<td>C+ = 2.3</td>
<td>F = 0.0</td>
<td></td>
</tr>
</tbody>
</table>
ACADEMIC ADVISING PARTNERSHIP

Academic advising is a collaborative educational process where a student and their advisor are partners in achieving the learning outcomes, ensuring student academic success, and planning to achieve the student’s personal, academic, and vocational goals. This advisor/student partnership requires active participation of both the advisor and the student.

ADVISOR RESPONSIBILITIES

As your advisor, you can expect me to:
• Communicate the curriculum, graduation requirements, and university policies and procedures.
• Assist and encourage you in discerning your educational goals.
• Provide a balance of challenge and support to help you achieve academic success.
• Work with you on developing a 2 to 4 year academic plan.
• Provide you with information about and strategies for utilizing available resources and services at SU.

DISABILITY ASSISTANCE

If you have, or think you may have, a disability (including an invisible disability such as a learning disability, a chronic health problem, or a mental health condition) that interferes with your performance as a student in this program, you are encouraged to arrange support services and/or accommodations through Disability Services staff located in Loyola 100, 206-296-5740. Disability-based adjustments to program expectations can be arranged only through this process. For more information, visit www.seattleu.edu/disability-services.

I __________________________, have read this document, understand its content, and agree to the expectations of the Premajor Studies Program.

________________________________  __________
Signature                                  Date

(Print Name)
My Seattle U College Experience

Your time in college is comprised of experiences. Some experiences are required of you, which come in the form of academic credit and course requirements, indicated in the circles below. Other experiences may not be required of you, shown in the rectangles, but serve to inform, and enrich, your academic experience. Both experiences help toward articulating your interests and values.

How to Plan for Your Degree

All students must complete a minimum of 180 credits in order to receive their diploma. Depending on the size of the major a student is pursuing, and whether their college has additional requirements, a student may have credits left over, which can be used for elective courses and, in some cases, a minor.

To see if you have room for a minor or electives, start by using the following equation: 180 - (Core + Major + College/School reqs) = credits leftover

CREDIT BREAKDOWN OF YOUR DEGREE

<table>
<thead>
<tr>
<th>Category</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Core Curriculum</td>
<td>60</td>
</tr>
<tr>
<td>Major</td>
<td>55-146</td>
</tr>
<tr>
<td>College/School Requirements</td>
<td>2-20</td>
</tr>
<tr>
<td>Electives/Minor</td>
<td>0-45</td>
</tr>
<tr>
<td>Degree Completion</td>
<td>180 credits minimum</td>
</tr>
</tbody>
</table>
University Core Curriculum

The University Core Curriculum is the academic “center of gravity” of a Seattle University undergraduate education. All students, regardless of their major, must complete the Core in order to obtain their degree. The 60-credit Core consists of a total of 12 courses over three core learning objectives areas. Course work to develop the knowledge, skills, and values identified in the learning objectives will take place across three modules.

Module One: Engaging Academic Inquiry
- UCOR 1100 Academic Writing Seminar
- UCOR 1200 Quantitative Reasoning
- UCOR 1300 Creative Expression and Interpretation
- Inquiry Seminars: Question-driven, content-rich intros to academic inquiry
  - UCOR 1400 Inquiry Seminar in the Humanities
  - UCOR 1600 Inquiry Seminar in the Social Sciences
  - UCOR 1800 Inquiry Seminar in the Natural Sciences

Module Two: Engaging Jesuit Traditions
- UCOR 2100 Theological Explorations
  (Prerequisite: UCOR 1100)
- UCOR 2500 Philosophy of the Human Person
  (Prerequisite: UCOR 1100)
- UCOR 2900-2920 Ethical Reasoning
  (Prerequisite: UCOR 2500)

Module Three: Engaging the World
- UCOR 3100 Religion in a Global Context
  (Prerequisite: UCOR 2100)
- Global Challenges: Two Courses
- UCOR 3400 Humanities and Global Challenges
- UCOR 3600 Social Sciences and Global Challenges
- UCOR 3800 Natural Sciences and Global Challenges

Note: Students take the two Global Challenges courses in the areas most outside of their major area of study.
Prerequisites: 75 credits completed and the comparable Inquiry Seminar

Keeping Track of Your Core

Keep track of which Core courses you have completed using the checklist below.

MODULE ONE
- UCOR-1100
- UCOR-1200S
- UCOR-1300
- UCOR-1400
- UCOR-1600
- UCOR-1800S

MODULE TWO
- UCOR-2100P
- UCOR-2500P
- UCOR-2900P*

MODULE THREE
- UCOR-3100P
- UCOR-3400P
- UCOR-3600P
- UCOR-3800P

Complete 2 of 3 based on major

NOTE
S = Completing a higher level math or lab science will satisfy the Core Math or Science requirement.
P = There is a prerequisite to take this course, noted in the table above.
* = Business requires students to complete UCOR 2910.
Declaration Requirements by College

Albers School of Business and Economics
Students will be admitted to Albers if your SU cumulative GPA is:
- at least 3.70, even if you have only completed one quarter at Seattle U.
- 3.50-3.69, and you have completed at least two quarters at Seattle U.
- 3.25-3.49, and you have passed Calculus (MATH 1130 or MATH 1334).
- 2.50-3.24, your Business GPA* is at least 2.50, you have passed Calculus (MATH 1130 or MATH 1334), and completed at least 2 of the following Business Foundation courses:
  - ACCT-2300 Accounting Principles I
  - ACCT-2310 Accounting Principles II
  - ECON-2100 Business Statistics
  - ECON-2110 Microeconomics
  - ECON-2130 Macroeconomics
  - BCOM-2800 Business Communication

These degrees typically only have room for 2-4 general elective classes if you place into Calculus.

*Business GPA does not include MATH grades.
**Business Analytics requires a 3.0 in Calculus and 3.0 major GPA

College of Arts and Sciences
Students will be admitted to the College of Arts and Sciences with a 2.0 cumulative GPA, exceptions are as follows:
- Psychology BA or BS: 2.75 cumulative GPA
- College-specific requirements:
  - 1 year (3 quarters) of a modern language (Arabic, Spanish, Italian, French, Latin, Chinese, or Japanese)
  - 1 History course from the following options:
    - HIST-1200 Origins of Western Civilizations
    - HIST-1210 Studies in Modern Civilization
    - HIST-2310 Survey of the United States

College of Science and Engineering
All majors require that students complete some coursework required in the major prior to declaring. However, each major holds unique requirements for declaring into that specific major. Generally:
- Natural Science majors (e.g., Biology, Chemistry, Environmental Science) require successful completion of two lab sciences in the same quarter. GPA requirements differ for each major—check with your advisor.
- Math and Engineering majors require successful completion of a calculus course (ex: Math-1334) with a B grade or higher.
- Each major requires a different cumulative and/or major GPA to declare, but ranges between a 2.0-2.8.

Student Activities and Getting Involved

Student Activities and organizations come in all shapes and sizes! For example:
- Academic and/or Honor Societies
- Community Service
- Cultural Heritage and/or Religious
- Political and/or Social
- Recreational and/or Sport

Some unique clubs at SU include the Culinary Society, Fashion Club, Harry Potter Alliance, and Super Smash Brothers. Is your passion not listed? You can form your own club with just six SU students! For more information and a list of active groups, visit: www.seattleu.edu/connectsu
Pre-Professional Advising

Pre-Education

Pre-Education is not a major. Pre-Education Advising is an advising resource available to help students explore career options in education and pathways to teaching. Seattle University offers two undergraduate majors with a specialization in elementary education that result in a Washington State issued teacher certificate. Seattle University also offers a Master in Teaching program that prepares students for teaching at the elementary or secondary level. In preparing for teaching careers, Seattle University encourages working with the Pre-Education Advisor to plan the pre-requisite coursework and to be involved in volunteer or paid experiences in K-12 schools.

Note: Please meet with Lauren Van Fossen, Pre-Education Advisor, if you’re interested in pursuing a teaching certificate or a career in education. To schedule, stop by the Arts & Sciences Advising Center (CASY 110) or call 206-296-2840. For more information visit: www.seattleu.edu/artsci/advising/pre-education/

Pre-Health

Pre-Health is not a major. You can major in anything, but must complete the pre-requisite classes below in order to be prepared for health professions graduate schools. The major that fulfills the most graduate school pre-requisites within its academic requirements is the B.S. in Biology.

General pre-requisites for health professions graduate schools include:

Science Courses:
- BIOL 1610/1611, 1620/1621, 1630/1631 = General Biology Series
- BIOL 2700 = Genetics (no lab)
- BIOL 3100 = Microbiology (lab)
- BIOL 3250 = Comparative Vertebrate Anatomy (lab)
- CHEM 1500/1501, 1510/1511, 1520/1521 = General Chemistry Series
- CHEM 2500/2501, 2510/2511, 2520/2521 = Organic Chemistry Series
- CHEM 4500 = Biochemistry: Protein and Lipid Structure and Function

Math Courses:
- MATH 1210 = Statistics for Life Sciences
- MATH 1230 = Calculus for Life Sciences
- MATH 1334 = Calculus 1 + MATH 1022 Trigonometry

Physics Courses (choose 1 series):
- PHYS 1050, 1060, 1070 = Algebra-based Physics series
- PHYS 1210, 1220, 1230 = Mechanics (lab) Calculus-based Physics series

Note: Please meet with Dr. Rebecca Pazdral, Pre-Health Advisor, if you’re interested in pursuing medical school. To schedule, stop by the Science and Engineering Advising Center (ENGR 300) or call 206-296-2500.
For more information visit: www.seattleu.edu/scieng/advising/pre-health/

Pre-Law

Pre-Law is not a major. Students who are interested in law school can select any major but they should also integrate courses into their educational plan in which they are challenged to improve their writing, public speaking, critical analysis, and research skills. Seattle University offers regular Pre-Law workshops and panel presentations.

Note: Please meet with Dr. Kate Elias, Pre-Law Advisor, if you’re interested in pursuing law school. To schedule, stop by the Arts & Sciences Advising Center (CASY 110) or call 206-296-2840.
For more information visit: www.seattleu.edu/artsci/advising/pre-law/

* All of the above information is general, it is important that you work with your advisor to create your specific academic plan.
Your Interests and Values

Go back to the Premajor 101 Canvas Course and review your answers for Section Two: MyPlan Interest Inventory and Section Three: Your Core Values. Review your answers and record them below; make adjustments if you feel your answers have changed.

**Interests Areas**

My FIRST Interest Area is ___________________

My SECOND & THIRD Interest Areas are ___________________ & ___________________

Your first interest area is where you feel you are called to in life or your purpose. This tends to be pretty consistent over time. Your second and third interest areas are how you’d like to pursue your calling, i.e. the type of environment.

<table>
<thead>
<tr>
<th>First Interest Area</th>
<th>Realistic environments often involve:</th>
<th>Investigative environments often involve:</th>
<th>Artistic environments often involve:</th>
<th>Social environments often involve:</th>
<th>Enterprising environments often involve:</th>
<th>Conventional environments often involve:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>• Active</td>
<td>• Theoretical</td>
<td>• Creative</td>
<td>• Helpful</td>
<td>• Persuasive</td>
<td>• Organized</td>
</tr>
<tr>
<td></td>
<td>• Physical</td>
<td>• Scientific</td>
<td>• Imaginative</td>
<td>• Empathetic</td>
<td>• Ambitious</td>
<td>• Detailed</td>
</tr>
<tr>
<td></td>
<td>• Concrete</td>
<td>• Independent</td>
<td>• Intuitive</td>
<td>• Friendly</td>
<td>• Assertive</td>
<td>• Structured</td>
</tr>
<tr>
<td></td>
<td>• Practical</td>
<td>• Rational</td>
<td>• Flexible</td>
<td>• Generous</td>
<td>• Competitive</td>
<td>• Accurate</td>
</tr>
<tr>
<td></td>
<td>• Hands on</td>
<td>• Critical</td>
<td>• Non-conforming</td>
<td>• Humanistic</td>
<td>• Influential</td>
<td>• Efficient</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>• Risk-takers</td>
<td>• Systematic</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Second/Third Interest Area</th>
<th>Realistic environments often involve:</th>
<th>Investigative environments often involve:</th>
<th>Artistic environments often involve:</th>
<th>Social environments often involve:</th>
<th>Enterprising environments often involve:</th>
<th>Conventional environments often involve:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>• Adventure</td>
<td>• Analyzing</td>
<td>• Designing</td>
<td>• Counseling</td>
<td>• Business</td>
<td>• Accounting</td>
</tr>
<tr>
<td></td>
<td>• Building</td>
<td>• Computers</td>
<td>• Ideas</td>
<td>• Group Work</td>
<td>• Debating</td>
<td>• Record Keeping</td>
</tr>
<tr>
<td></td>
<td>• Hierarchy</td>
<td>• Lab Work</td>
<td>• Performing</td>
<td>• Helping</td>
<td>• Politics</td>
<td>• Technical Work</td>
</tr>
<tr>
<td></td>
<td>• Physical Strength</td>
<td>• Research</td>
<td>• Writing</td>
<td>• Teaching</td>
<td>• Public Speaking</td>
<td>• Writing Reports</td>
</tr>
</tbody>
</table>

**Your Core Values**

Circle the 2 or 3 values most important to you

- Creativity & Ingenuity
- Structure & Organization
- Connection with Environment & Nature

- Community & Building Relationships
- Social, Cultural, Racial Justice & Awareness
- Health & Wellness

- Political Views, Politics, Policy
- Theory & Philosophy
- Spirituality & Self Awareness

- Learning & Creating Knowledge
- Problem Solving & Analysis
- Other: _______________________

Based on your responses, think about times when these interests and values were important to you. Describe in a few sentences why these interests and values are important to you. Focus on your thoughts and feelings—don’t worry about spelling, grammar, or how well written it is.
## Fall Quarter 2019 Important Dates

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>September 25</td>
<td>First Day of Classes</td>
</tr>
<tr>
<td>October 1</td>
<td>Last Day to Add/Drop a Class</td>
</tr>
<tr>
<td>*Oct 14 - Nov 8</td>
<td>1st Year Quarterly Advising Appointments</td>
</tr>
<tr>
<td>November 12</td>
<td>Registration for Winter 2020 begins</td>
</tr>
<tr>
<td>November 8</td>
<td>Last Day to Withdraw from a Class</td>
</tr>
<tr>
<td>December 7</td>
<td>Last Day of Classes</td>
</tr>
<tr>
<td>December 9 - 14</td>
<td>Final Exams Week</td>
</tr>
<tr>
<td>Dec 15 - Jan 5</td>
<td>Winter Break</td>
</tr>
<tr>
<td>December 18</td>
<td>Grades Posted on SU Online by 6pm</td>
</tr>
</tbody>
</table>

*Premajor Studies advising period begins a week earlier than the Seattle University advising period.*

## Fall Quarter Notes:

[Blank space for notes]
Seattle University Majors—WQ Activity 1

1. In pencil, circle the majors of most interest to you  
2. Cross out majors of no interest  
3. Put an R next to majors you might be interested in but need to research

College of Arts and Sciences

Art History, BA  
Asian Studies, BA  
Communication and Media, BA  
- Communication Studies  
- Journalism  
- Strategic Communication  
Criminal Justice (must choose a specialization below)  
- Administration of Justice, BA  
- Criminology and Criminal Justice Theory, BA  
- Forensic Psychology, BA or BS  
- Forensic Science, BA or BS  
Cultural Anthropology, BA  
Design, BA  
English Creative Writing, BA  
English [Literature], BA  
Environmental Studies, BA  
- Ecological Systems  
- Environmental Education and Communication  
- Politics, Policy, and Justice  
- Urban Sustainability  
Film Studies, BA  
French, BA  
History, BA  
Humanities, BA  
Humanities for Leadership, BA  
Humanities for Teaching, BA  
- Elementary Education  
Interdisciplinary Arts, BA  
- Arts Leadership  
- Music  
- Photography  
- Theatre  
- Visual Art  
Interdisciplinary Liberal Studies, BA  
- Elementary Education  
International Studies, BA  
Philosophy, BA  
Photography, BFA  
Political Science, BA  
- Legal Studies  
Psychology, BA or BS  
Public Affairs, BA  
Sociology, BA  
Social Work, BSW  
Spanish, BA  
Sport & Exercise Science (Kinesiology), BS  
String Performance, BM  
Theatre, BA  
Theology and Religious Studies, BA  
Visual Art, BA  
Women and Gender Studies, BA  

Albers College of Business and Economics

Accounting, BABA  
Business Analytics, BABA  
Business Economics, BABA  
Economics, BA  
- International Economic Development  
Finance, BABA  
Individualized Major in Business Administration, BABA  
International Business, BABA  
Management, BABA  
Marketing, BABA  

College of Science and Engineering

Biochemistry, BS  
Biology, BS or BA  
Cell and Molecular Biology, BS  
Chemistry, BS or BA  
Civil Engineering, BS  
- Environmental Engineering  
Computer Engineering, BS  
Computer Science, BS or BA  
- Business, BS  
- Mathematics, BS  
Electrical Engineering, BS  
Environmental Science, BS  
Marine and Conservation Biology, BS  
Mathematics, BS or BA  
- Actuarial Mathematics, BS  
- Applied Mathematics, BS  
- Pure Mathematics, BS  
Mechanical Engineering, BS  
Physics, BS or BA  

College of Nursing*

Diagnostic Ultrasound, BS  
*Students cannot declare the BSN Nursing program without reapplying to Seattle University as an internal transfer. Students can, however, declare Diagnostic Ultrasound once academic prerequisites are met.
Seattle University Minors

Minors are 30 credits unless otherwise noted; students should check the catalog for specific minor requirements. Minors are not required and students should be intentional about how they want to use their elective credits. To select a minor, you must complete the paperwork at least two quarters before graduating.

Accounting
Arabic*
Art History*
Arts Leadership
Asian Studies
Biology
Business Administration
Catholic Studies
Chemistry*
Chinese*
Communication and Media
Computer Science
Criminal Justice
Cultural Anthropology
Economics
Electrical Engineering
English Creative Writing
English Literature
Entrepreneurship and Innovation
Environmental Engineering
Environmental Science
Environmental Studies
Ethics
Film Studies
Finance
French*†
Global African Studies*

History*
Humanities
International Business
International Economic Development
International Studies
Italian*
Japanese*
Latin American Studies
LGBTQ Studies
Mathematics
Mechanical Engineering
Medieval & Early Modern Studies
Music
Nonprofit and Public Administration
Philosophy
Physics
Political Science
Psychology
Social Welfare*
Sociology
Spanish*†
Studio Art
Theatre Performance
Theatre Production
Theology and Religious Studies
Women and Gender Studies
Writing Studies

* Minor requires 31 credits to be completed
* Minor requires 35 credits to be completed
† Minor requires study abroad component

Reflecting on Minor Options

Do any of the above minors stand out to you? Which ones? How do the potential minors of interest relate to the major(s) you are considering and to your values or interests? Keep in mind that you do not have to choose a minor but can likewise choose to explore these areas as a general interest!
Comparing Majors – WQ Activity 2
DUE at your Winter Quarter advising appointment (Jan-Feb)!

The goal of this activity is to compare two majors you are considering side by side, and to reflect on which academic program(s) may align with your personal values and academic strengths. See list of majors on page 12 if you need help choosing majors to compare.

**FIRST Major you are reviewing** (indicate the specialization, if applicable):

____________________________________________________________________________________

1. Provide a description of this major, as indicated by the major’s website.

Go to [www.seattleu.edu/advising/degrees](http://www.seattleu.edu/advising/degrees), and answer the following questions by using the links for the Catalog, Typical Four Year Program, and the Two-Year Projected Course Offerings:

2. How many credits are required in this major? (Does not include the core curriculum): _____________

3. What are the GPA and/or declaration requirements for this major? (Refer to page 8 of this handbook).

4. What is the most advanced math class required for this major? Do you meet the prerequisite to go directly into this class? (Check a class’ prerequisite by clicking on the class title on the Catalog page).

5. Circle one: The required classes for this major are mostly...
   - selected for me
   - major electives
   - an even mix of classes and electives

6. If you were to follow the Typical Four Year Program for this major exactly, how many general electives credits would you need to take?

7. Which class in the major do you think will be the most interesting to you and why? According to the Two-Year Projected Course Offering, when is the next time this class will be offered?

8. Which class in the major do you think will be the most challenging for you and why? According to the Two-Year Projected Course Offering, when is the next time this class will be offered?

9. How are your personal values and academic strengths represented in this major? Indicate your personal values/academic strengths and detail how you see them connected to the coursework.
SECOND Major you are reviewing (indicate the specialization, if applicable):

____________________________________________________________________________________

1. Provide a description of this major, as indicated by the major’s website.

Go to www.seattleu.edu/advising/degrees, and answer the following questions by using the links for the Catalog, Typical Four Year Program, and the Two-Year Projected Course Offerings:

2. How many credits are required in this major? (Does not include the core curriculum): _____________

3. What are the GPA and/or declaration requirements for this major? (Refer to page 8 of this handbook).

4. What is the most advanced math class required for this major? Do you meet the prerequisite to go directly into this class? (Check a class’ prerequisite by clicking on the class title on the Catalog page).

5. Circle one: The required classes for this major are mostly...
   
   selected for me  major electives  an even mix of classes and electives

6. If you were to follow the Typical Four Year Program for this major exactly, how many general electives credits would you need to take?

7. Which class in the major do you think will be the most interesting to you and why? According to the Two-Year Projected Course Offering, when is the next time this class will be offered?

8. Which class in the major do you think will be the most challenging for you and why? According to the Two-Year Projected Course Offering, when is the next time this class will be offered?

9. How are your personal values and academic strengths represented in this major? Indicate your personal values/academic strengths and detail how you see them connected to the coursework.

GIVEN YOUR RESEARCH, do you find yourself leaning toward one major more than the other, equally interested in both, or going in a new direction altogether? Explain your answer.
Education Abroad

GET STARTED NOW
1. Attend an INFORMATION SESSION with the Education Abroad Office
   • Sessions discuss program types, credit transfer, and financial aid
   • Students must attend a session before individual meeting with an Education Abroad Advisor
   • Sessions are offered 2-3 times per week. Call (206) 296-2226 or stop by PAVL 124 to schedule

2. Research program options www.seattleu.edu/abroad/students/explore

3. Complete the Study Abroad Planning Worksheet found here https://seattleu-horizons.symplicity.com/?s=StudentHome

4. Meet with an Education Abroad Advisor
   • Must complete Study Abroad Planning Worksheet before meeting
   • Receive assistance with program options exploration and directions on how to apply

5. Pre-departure Paperwork is due depending on the quarter you go abroad (dates are subject to change):
   - Fall Quarter Departure: May 1st
   - Winter Quarter Departure: November 1st
   - Spring Quarter Departure: February 1st
   - Summer Quarter Departure: April 1st

WHEN TO GO: FALL VS. SPRING
Use this chart to help determine when is the best time for you to study abroad.

<table>
<thead>
<tr>
<th></th>
<th>Fall Quarter</th>
<th>Winter Quarter</th>
<th>Spring Quarter</th>
</tr>
</thead>
<tbody>
<tr>
<td>Credits</td>
<td>15</td>
<td>15</td>
<td>15</td>
</tr>
<tr>
<td>Semester</td>
<td>Fall</td>
<td>Winter</td>
<td>Spring</td>
</tr>
<tr>
<td>Credits</td>
<td>15 (15 credits)</td>
<td>15 (15 credits)</td>
<td>15 (15 credits)</td>
</tr>
<tr>
<td>Semester Credits</td>
<td>+7.5 credits</td>
<td>30 Total Credits</td>
<td>-7.5 credits</td>
</tr>
<tr>
<td>1 semester credit = 1.5 quarter credits</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

FINANCIAL AID
SU Faculty-Led, Exchanges, and Sponsored Programs allow full financial aid portability of all SU institutional grants and/or scholarships, state and federal aid and most external scholarships.

<table>
<thead>
<tr>
<th></th>
<th>Fall Quarter</th>
<th>Winter Quarter</th>
<th>Spring Quarter</th>
</tr>
</thead>
<tbody>
<tr>
<td>Semester</td>
<td>Fall</td>
<td>Winter</td>
<td>Spring</td>
</tr>
<tr>
<td>Amount</td>
<td>$2000 (1 Qtr. of Federal/State Aid)</td>
<td>$4000 (2 Qtrs. of Federal/State Aid)</td>
<td></td>
</tr>
<tr>
<td>Credits</td>
<td>+2000*</td>
<td>+2000*</td>
<td></td>
</tr>
</tbody>
</table>

*For SU Sponsored Programs ONLY: Additional $2000/semester of Institutional Aid (if applicable)
Winter Quarter 2020 Important Dates

January 6    First Day of Classes
January 10   Last Day to Add/Drop a Class
*Jan 21 - Feb 14    1st Year Quarterly Advising Appointments
February 11   Registration for Spring 2020 begins
February 18   Last Day to Withdraw from a Class
March 16      Last Day of Classes
March 17 - 21 Final Exams Week
March 22 - 29 Spring Break
March 25      Grades Posted on SU Online by 6pm

*Premajor Studies advising period begins a week earlier than the Seattle University advising period.

Winter Quarter Notes:
Faculty Interview

DUE at your Spring Quarter advising appointment (April-May)!

To complete this activity, you are REQUIRED to meet with a faculty member, so please PLAN AHEAD!

Directions: This assignment helps you become familiar with the questions you should be asking yourself about the major (or majors) in which you are interested. Talking with a faculty member (professor) is an important way to get information about the department, how it operates, and how comfortable you might feel there. If you would like to meet with an individual who is not a faculty member, talk to your advisor regarding the individual you would like to interview. This process can be repeated any time you go through a job/career change in your future.

Section One: Major Review and Academic Planning

1. Which major are you planning to pursue, or are most interested in at this time? Include specialization, if applicable:

4. How does this major relate back to your values and interests? Refer back to page 10.

5. When you think of the type of work you see yourself doing, what is important to have present (are you working with animals, kids, machines, performing research, being outdoors...)

6. What types of careers would you like to explore? What professions relate to your interests, goals, major of interest?

7. Create two fall quarter schedules toward the major you are considering and ask the Professor for suggestions.

Sample Email to Contact Professor

This is an email template that you can use to set up an informational interview with a professor.

Dear (faculty name),

My name is ________ and I am a student in the Premajor Studies Program. For spring quarter part of my work in Premajor is to conduct an informational interview with a faculty member. I am interested in insert major and I want to learn more about the major, class requirements, and career opportunities. Would you be available to set up a meeting with me insert time frame. Thank you for your help. I look forward to hearing from you.

Sincerely,

Your Name
**Section Two: Career Exploration**

Using the following online resources, fill in the below chart with careers that seem interesting to you

- My Next Move: www.mynextmove.org
- What Can I Do With This Major?: www.seattleu.edu/premajor/choosing-a-major/what-can-i-do-with-this-major/

<table>
<thead>
<tr>
<th>Career Title</th>
<th>Education Needed (degrees and/or certifications)</th>
<th>Work Environment(s)</th>
<th>Job Security/Outlook for Growth</th>
<th>Related Occupations</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Section Three: Faculty Meeting**

- Go to the major’s website to find a professor to email
- Use guide on page 20 for contact and preparation tips
- Choose/create additional question(s) to ask
- Complete the following section during your meeting

1. Review the grid above with the professor: Does your major of interest align with the listed careers, what is missing from the grid, and what is any advice that can be offered to someone interested in these professions?

2. What Seattle U activities, clubs, research, and/or study abroad opportunities would complement this major?

3. What do graduates from this major generally go on to do (e.g., graduate school, personal research, occupations)?

4. Create your own question(s): _____________________________?
Quick Guide for Informational Interviews

Informational interviews involve talking with people who are currently working in your field of interest, in order to gain a better understanding of an occupation or industry. This is a great way to build relationships with those in the field as well. Through this meeting you will gather “insider” information to be able to make more informed decisions about your career goals.

Where to start
Brainstorm contacts you already have in social circles, such as co-workers, neighbors, friends, and family. Your current network is probably bigger than you realize!

When calling or emailing to ask for an informational interview, include:
- A brief introduction of yourself and how you’re connected to them or who referred you
- Why you’re interested in learning more about them/their field
- Ask if they’d be available to meet with you for about 30 minutes and arrange a mutually agreeable time
- Thank them for considering your request

Before the informational interview:
- Research the organization the person works for so you will be well-informed
- Dress in business casual attire (no jeans, flip flops, tank tops, etc.)
- Arrive 5-10 minutes early

Sample questions to ask during the interview:
- How did you get into your field? What was your path to this line of work? What did you major in?
- What do you wish you would have known when you were exploring your career options about pursuing this field?
- What’s a day in the life of your job like?
- What’s your favorite part of your job? Least favorite?
- What types of entry-level positions are most often found in your career field?
- What other opportunities are there to get involved in this field such as volunteer work, certification training, internships, etc.?
- What specific skills are important for this job/field?
- What direction do you see this field moving towards in the future?
- Do you have any additional contacts in the field that you’d recommend I speak to?

After the interview:
- Send a thank you note (email or handwritten). Include one thing you learned from meeting with them.
- Consider if this person could be an ongoing mentor to you as you continue to progress in the field. You may want to continue the relationship by keeping them posted on your career development process and meeting with them again in the future.
### Spring Quarter 2020 Important Dates

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>March 30</td>
<td>First Day of Classes</td>
</tr>
<tr>
<td>TBD</td>
<td>University Mission Day</td>
</tr>
<tr>
<td>April 3</td>
<td>Last Day to Add/Drop a Class</td>
</tr>
<tr>
<td>April 6</td>
<td>Registration for Summer 2020 begins</td>
</tr>
<tr>
<td>*Apr 14 - May 8</td>
<td>1st Year Quarterly Advising Appointments</td>
</tr>
<tr>
<td>May 8</td>
<td>Last Day to Withdraw from a Class</td>
</tr>
<tr>
<td>May 11</td>
<td>Registration for Fall 2020 begins</td>
</tr>
<tr>
<td>June 8</td>
<td>Last Day of Classes</td>
</tr>
<tr>
<td>June 9 - 13</td>
<td>Final Exams Week</td>
</tr>
<tr>
<td>June 17</td>
<td>Grades Posted on SU Online by 6pm</td>
</tr>
</tbody>
</table>

*Premajor Studies advising period begins a week earlier than the Seattle University advising period.*

### Spring Quarter Notes:
### Academic and Co-Curricular Planning Grid

<table>
<thead>
<tr>
<th>Year One 20__ to 20__</th>
<th>FALL</th>
<th>WINTER</th>
<th>SPRING</th>
<th>SUMMER</th>
</tr>
</thead>
<tbody>
<tr>
<td>Course</td>
<td>Credits</td>
<td>Course</td>
<td>Credits</td>
<td>Course</td>
</tr>
<tr>
<td>Options</td>
<td>Options</td>
<td>Options</td>
<td>Options</td>
<td>Options</td>
</tr>
<tr>
<td>Total</td>
<td>Total</td>
<td>Total</td>
<td>Total</td>
<td>Total</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Year Two 20__ to 20__</th>
<th>FALL</th>
<th>WINTER</th>
<th>SPRING</th>
<th>SUMMER</th>
</tr>
</thead>
<tbody>
<tr>
<td>Course</td>
<td>Credits</td>
<td>Course</td>
<td>Credits</td>
<td>Course</td>
</tr>
<tr>
<td>Options</td>
<td>Options</td>
<td>Options</td>
<td>Options</td>
<td>Options</td>
</tr>
<tr>
<td>Total</td>
<td>Total</td>
<td>Total</td>
<td>Total</td>
<td>Total</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Year Three 20__ to 20__</th>
<th>FALL</th>
<th>WINTER</th>
<th>SPRING</th>
<th>SUMMER</th>
</tr>
</thead>
<tbody>
<tr>
<td>Course</td>
<td>Credits</td>
<td>Course</td>
<td>Credits</td>
<td>Course</td>
</tr>
<tr>
<td>Options</td>
<td>Options</td>
<td>Options</td>
<td>Options</td>
<td>Options</td>
</tr>
<tr>
<td>Total</td>
<td>Total</td>
<td>Total</td>
<td>Total</td>
<td>Total</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Year Four 20__ to 20__</th>
<th>FALL</th>
<th>WINTER</th>
<th>SPRING</th>
<th>SUMMER</th>
</tr>
</thead>
<tbody>
<tr>
<td>Course</td>
<td>Credits</td>
<td>Course</td>
<td>Credits</td>
<td>Course</td>
</tr>
<tr>
<td>Options</td>
<td>Options</td>
<td>Options</td>
<td>Options</td>
<td>Options</td>
</tr>
<tr>
<td>Total</td>
<td>Total</td>
<td>Total</td>
<td>Total</td>
<td>Total</td>
</tr>
</tbody>
</table>

**Co-Curricular Interests**
- Second major
- Minor
- Leadership
- Skills development
- Other

---

**Course Load:** Most classes are 3 to 5 credits, & a typical undergrad load is 15 credit hours (three 5 credit courses) per quarter. A full-time class load is 12 or more credit hours, less than 12 classifies a student as part-time. Special conditions apply if registering for more than 18 credits.

Keep in mind that some classes may not be offered every year.

Check the department webpage for your major for 2 or 4 year projected course schedules.
*Generally speaking, during your second year you are not required to meet regularly with your Premajor Advisor, but you are encouraged to schedule appointments.

However, you will be required to attend the mandatory Major Options group workshop during winter quarter of your second year.

Keep checking your emails for more information!

Remember your resources!

www.seattleu.edu/premajor | www.seattleu.edu/advising/degrees