

Discovering your

T R A C

TRUE ACADEMIC CALLING

For Undeclared Majors



LE MOYNE
Greatness meets Goodness®

Meaningful Success

Le Moyne College is a great environment if you are **still exploring your academic interests**. We will encourage you to do just that through our unique course offerings and small classes, as well as through the close relationships you will develop with your professors and fellow students. You never know what may pique your interest. There will be numerous opportunities for you to investigate interesting academic disciplines while working closely with professional advisors. We will help you discover **the most rewarding path for you**.

Don't worry!
You are in good company.

Undeclared is one of the largest choices (of majors) among our first-year students. For some, it's because they have many interests. For others, it's because they don't yet know enough about their academic options. Whatever your reason, don't worry. Being undeclared gives you time to reflect on your interests, to sort out what you're good at and what you love, and to start charting a path that is your individual journey. It is rewarding for us to meet students like you and to guide you through the college experience. We are continually delighted by the students who come to campus "undeclared" and walk across the Commencement stage four years later having truly found their "fit."



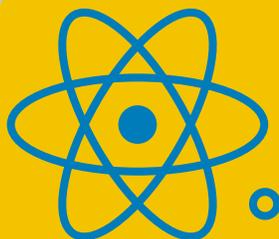
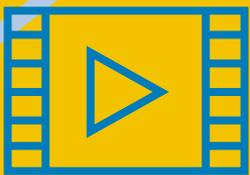
TRAC: Discovering Your True Academic Calling

Selecting a major can feel like a daunting task. How are you supposed to know how you want to spend the next four years of your life when you just entered college? That's why we want to partner with you as you discover your true academic calling. It's about much more than just selecting a major; it's about creating a plan for your next four years – and beyond.

Over the course of Le Moyne's TRAC Program you will:

- 1 Analyze your interests.**
- 2 Identify a path of study that focuses on your strengths and values.**
- 3 Consider careers that align well.**

Your advisors will also spend a good deal of time encouraging you to reflect on your own academic history and move toward planning your college career so you can fit in wonderful out-of-classroom experiences to transform and excite you (internships, a short-term study abroad trip during intersession, research with a professor, or a service experience in the community).



Components of TRAC

As a member of TRAC, you will receive:

An academic advisor from the Student Success Center

At Le Moyne, every student is assigned an academic advisor. Typically these are faculty members from the department in which the student majors. However, as a student who is still exploring majors, you will be assigned to work with a professional from the Student Success Center. These success coaches work closely with students like you to build a relationship and provide academic support.



A dedicated career counselor

Since it is never too early to begin thinking about life after Le Moyne, each undeclared first-year student is also paired with a career counselor for additional guidance. Trained counselors from Le Moyne's Office of Career Advising and Development provide added support to help students explore professional opportunities that align with their interests, strengths and values.



2



3



Time set aside for academic advising group meetings

Throughout the fall semester, first-year students participate in a series of group advising meetings. These meetings will appear on your fall course schedule as ADV-UND so you understand how important this is and make time for these conversations. During ADV, students will take part in guided self-assessments related to major exploration and career planning. They will also develop individual goals and action plans.

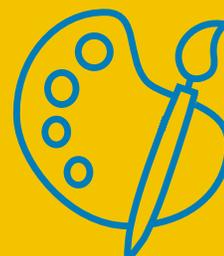


Opportunities to participate in Majors Week

Each October, we offer a Majors Week to give students the opportunity to chat informally with faculty members about their areas of expertise. We encourage all first-year students to attend. Perhaps they are undeclared upon entry; perhaps they are rethinking their major or considering a minor that intrigues them such as visual arts, film, legal studies, sports marketing, music, or physics. (Yes, you can do all of these at Le Moyne.)



4



Components of TRAC (continued)

5



A reserved space in Le Moyne's Manresa program

As a member of TRAC, you will be guaranteed a space in Become You, the first module in our Manresa Program, which integrates learning, meaning, calling and career over your four years at Le Moyne. While you must still follow all application procedures, knowing that there is space for you is a comfort. Throughout Become You, you will engage in small group discussions during the spring semester and receive added mentorship. This is one more opportunity to discover who you are and who you can become.



An option to join the Choice Learning Community

As part of Le Moyne's learning community program, each fall approximately 20 students join Choice, giving them even more opportunities to explore their interests among their peers. Members of the community live near one another, participate in a designated advising section, take World Civilization (one of your required core courses) together, and gather for informal dinners or activities throughout the first semester.



Student Success Center



Do you need additional support?

Le Moyne's Student Success Center, located on the first floor of the newly renovated Noreen Falcone Library, houses a team of professionals who support students on their journey to becoming their best selves. Inspired by Jesuit values, the Center provides assistance and supportive programming to help students achieve their goals. It is the home of the College's tutoring program and provides a vast array of free services to nurture students' learning. The Student Success Center is available to all students interested in strengthening their learning strategies. Our programming is designed to support students as they celebrate their successes and provide care to students when they face challenges.

- ▶ **Time Management**
- ▶ **Note Taking**
- ▶ **Study Strategies**
- ▶ **Goal Setting**

Your academic advisor's office will be located in the Student Success Center. Make time to seek out other services of the Center when you are visiting your advisor. **To learn more about the Student Success Center, contact us at StudentSuccess@lemoyne.edu or (315) 445-4597.**

Career Advising & Development

Reflect, Explore, Prepare, Pursue



Le Moyne's Office of Career Advising and Development, located on the third floor of Reilly Hall (one of the College's main academic buildings), is the place to go for all things career-related. Professionals from the office not only help you learn about yourself through career inventories and strengths-based evaluations, but they can also help you better understand job trends and professional opportunities. Plus, they work closely with students to help them review résumés, prepare for interviews, pursue internships, and learn how to network. We want to prepare you for life after Le Moyne and engaging with the Office of Career Advising and Development office early and often will help you do just that.

- ▶ **Review Résumés**
- ▶ **Prepare for Interviews**
- ▶ **Pursue Internships**
- ▶ **Learn How to Network**



As a member of TRAC, your career counselor's office is located here. Stop by the office to talk with your dedicated counselor or learn more about the many opportunities available. **To do so, call us at (315) 445-4185 or schedule an appointment online through lemoyne.joinhandshake.com.**