Learning Outcomes: **Circle the bullet point you wish to discuss.**
- Gain an understanding of general education and graduation requirements
- Explore academic and career interests
- Identify and utilize personal strengths to set goals and make choices related to academics
- Use tools and resources to make sound decisions regarding academics and college life
- Learn how experiences, activities, jobs, and classes connect to career goals

Expectations of Students: **Circle at least one bullet point you wish to improve upon/know more about.**
- Keep an advising folder of academic records/requirements to track progress
- Be familiar with the Sac State Catalog and online resources
- Seek advising each semester
- Come to advising sessions prepared with advising folder and questions
- Attend scheduled appointments on time
- Check SacLink email and My Sac State messages daily
- Become knowledgeable about campus resources, procedures, and deadlines
- Take accountability for actions
- Be open and flexible in developing and clarifying interests, skills, personal values, and goals

Expectations of Advisors: **If you have questions about these bullet points please ask your advisor.**
- Understand and clearly explain Sac State requirements, policies, and procedures
- Help students define and develop realistic academic, career, and personal goals
- Assist with academic planning and provide resources and referrals
- Maintain confidentiality (when possible)
- Treat each student respectfully, as a responsible adult
- Provide a safe space where thoughts, aspirations, challenges, interests may be shared
- Listen to questions and concerns; respect your individual values and choices

**List three or more strengths and goals in each area:**

**My Academic & Personal Strengths:**

Personal

________________________________________________________

________________________________________________________

________________________________________________________

Academic

________________________________________________________

________________________________________________________

________________________________________________________

**My First Year Goals:**

Long Term

________________________________________________________

________________________________________________________

Short Term (steps to achieve long term)

________________________________________________________

________________________________________________________

________________________________________________________

**Are you on the fast track to graduation? You need 120 units to graduate**

<table>
<thead>
<tr>
<th>Units</th>
<th>What to Do</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-29 units</td>
<td>- Mandatory advising first two (2) semesters</td>
</tr>
<tr>
<td></td>
<td>- Complete learning skills/preparatory requirements</td>
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<tr>
<td></td>
<td>- Focus on completing GE Area A and B4</td>
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<tr>
<td>30-59 units</td>
<td>- Take College Comp. II (ENGL 20)</td>
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<td></td>
<td>- Complete 45 units prior to enrolling in upper division GE courses</td>
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<td>- Declare major by 60 units</td>
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<td>- Meet with advisors</td>
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<tr>
<td>60-89 units</td>
<td>- Complete WPJ exam or ENGL 109M/W</td>
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<td></td>
<td>- Explore careers, internships or co-op education</td>
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<td></td>
<td>- Meet with advisors</td>
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<td></td>
<td>- File graduation application</td>
</tr>
<tr>
<td>90-120 units</td>
<td>- Meet with a degree evaluator for a final check of all GE, graduation and major requirements</td>
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<tr>
<td></td>
<td>- Participate in on-campus interviews and career fairs</td>
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</tbody>
</table>