

# THE VITERBO TRACK

## A Purposeful, Guided Path for Undecided Students

The Viterbo Track gives you the guidance and flexibility to explore your options before declaring a major. You'll have up to two years to discover what inspires you, all while staying on track to graduate and prepare for a purposeful future.

"Even though I changed my major a few times, every class taught me something valuable. It all helped me figure out what I love and what fits me best. Viterbo made it easy to explore different paths because my professors truly cared and took time to help me see how my interests connected to possible careers. I never felt lost here. I was simply supported while I figured out what was right for me."

- Lillia Chvatal, *Litchfield, MN*



75%

of first-year college students will change their major at least once, according to EAB

54%

of first-year college students have doubts about their major or are undecided according to BestColleges.com



**VITERBO**  
UNIVERSITY

# Undecided? You're in the Right Place.

The Viterbo Track is a guided program designed to help you explore your interests, discover your strengths, and create a plan — all while staying on track to graduate on time.

## What You'll Do Along the Way

Through a mix of assessments, experiences, and personal guidance, you'll gain clarity and confidence in choosing your major and career path.

## Explore Your Strengths

- Take the CliftonStrengths® Assessment with a Gallup-Certified Strengths Coach
- Complete the PathwayU Assessment to identify career paths aligned with your values and interests
- Try the Challenge Card Sort to uncover what motivates and excites you

## Get Real Experience

- Participate in assignments through UNST 110 to explore majors and careers
- Join a campus club connected to your interests
- Volunteer with an organization that inspires you
- Take part in a job shadow experience
- Conduct an informational interview with a professional in your field of interest
- Connect with alumni who have pursued majors or careers you're curious about
- Attend a conference or event in a field you'd like to learn more about

## Personal Guidance

- Meet individually with Kristen Nyholm, your Academic Advisor, who will support you every step of the way
- Work alongside faculty who will get to know you, your goals, and your interests.



# Sample First-Year Plan for Students on The Viterbo Track

**Note:** This plan is for example purposes only and should be tailored to a student's interests. Students should refer to the catalog in effect upon their entry to Viterbo for more specifics on requirements. Your advisor will assist you with course registration and planning to accommodate course offerings and rotations.

Fall Semester - First Year	Credits	Spring Semester - First Year	Credits
ENGL 103/104/105 - Written Communications	3-4	ENGL 104/105/195 - Written Communications	3-4
VUSM FVT – Franciscan Values & Traditions	3	Core (Recommend Historical Analysis)	3
Core (Recommend Theological Inquiry)	3	Core (Recommended Artistic Engagement)	3
UNST 110 – Major Exploration	1	Exploration Course*	3
Exploration Course*	3	Exploration Course*	3
Exploration Course*	3		
<b>TOTAL CREDITS</b>	<b>16-17</b>	<b>TOTAL CREDITS</b>	<b>15-16</b>

## For students with an interest in business

- ACCT 211 – Financial Accounting
- ECON 101 – Macroeconomics
- ECON 102 – Microeconomics
- MATH 112 – College Algebra
- MGMT 101 – Intro to Business
- SPML 120 – Intro to Sports Leadership

## For students with an interest in education

- EDUC 150 – Intro to Education
- EDUC 215 – Educational Psychology
- MATH 155 – Mathematics: A Way of Thinking

## For students with an interest in the social sciences

- CRMJ 150 – Intro to Criminal & Community Justice
- CRMJ 203 – Policing in the Community
- PSYC 171 – General Psychology
- PSYC 270 – Interpersonal Communication Skills
- SOCL 125 – Intro to Sociology
- SOWK 210 – Intro to Social Work

## For students with an interest in the humanities

- ARTS – 103 Studio Based Intro to Art
- ECAS-100 – Truth, Beauty, Goodness
- LANG 201 – Intro to American Sign Language
- SPAN or ENGL course based on placement

## For students with an interest in nutrition & dietetics

- NUTR 140 – Intro to the Nutrition Profession
- NUTR 173 – Culinary Foundations
- NUTR 231 –Sports Nutrition

## For students with an interest in the natural sciences or pre-health

- BIOL/CHEM 112 – Science Success
- BIOL 160 or 161 – General Biology
- CHEM 120 or 121 – General Chemistry
- COMD 111 – Intro Speech Pathology
- MATH 112 – College Algebra

## For students with an interest in performing arts

- DANC 110 – Fundamentals of Dance
- MUSC 100 – Music Essentials for Singers and Actors
- MUSC 134 – Choral Arts
- MUSC 137 – Concert Choir (audition needed)
- THTR 119 – Theatre Practicum
- THTR 160-Stagecraft
- THTR 260-Stage Lighting

\* An audition is needed for admission to the Conservatory for the Performing Arts

## For students with an interest in nursing

- BIOL 104 – Anatomy and Physiology I
- CHEM 101 – Introduction to Chemistry
- CHEM 106 – Chemistry for Health Sciences
- PSYC 171 – General Psychology

## For students with an interest in applied math and engineering/computer science

- CSCI 110 – Intro to Software Engineering
- ENGR 112 – Success in Engineering
- ENGR 130 – First year design



# MEET YOUR SUPPORT TEAM



**Kristen Nyholm**  
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**Janet Holter**  
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[viterbo.edu](http://viterbo.edu)

The Viterbo University community prepares students for faithful service and ethical leadership.