**Four-Year Worksheet**

***This form is for advising purposes only.***

**Connect with advisers**

Reach out to concentrations you are considering now to arrange meetings with advisers. Contact information can be found on the [Concentrations website](http://concentrations.fas.harvard.edu).

Reach out to your sophomore adviser to arrange meetings to discuss your options, including how your concentration will fit into your academic and co-curricular plans for the next six terms.

**Create a Plan of Study**

A plan of study is required by faculty legislation. The Plan of Study maps out your courses for your four years at Harvard. Each concentration has its own [expectations for the format of the Plan of Study](https://docs.google.com/spreadsheets/d/1CjXighBGT9n2jdjun5FAdcKu7dfNrp3XcsJqTW1EuMI/edit#gid=0).

* Some concentration will use the [online Plan of Study tool](http://about.my.harvard.edu/degree-tools) on my.harvard.
* Some will require a different format.

Reach out to your sophomore advisers to discuss your plans. Sophomore advisers can help you consider your concentration options in the framework of your entire four years.

Attached is a four-worksheet that you can use to prepare for advising conversations with your sophomore advisers and with concentration advisers. \*\*\*This is *not* a plan of study.\*\*\*

You may choose to upload your worksheets using the upload tool on my.harvard for your records. It can be found in Reports and Documents in your advising profile.

**Declare your concentration**

[Declare your concentration](http://about.my.harvard.edu/degree-tools) on my.harvard.edu. The deadline to declare your concentration is **Thursday, November 17, 2016**. Note that some concentrations require an application beforehand. Please see [this document](http://apo.fas.harvard.edu/files/advising_programs/files/concentrations_with_applications.2016-17.pdf) for detailed information.

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| **Freshman Fall** | **Freshman Spring** |
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| Notes: | |
| **Sophomore Fall** | **Sophomore Spring** |
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| **Junior Fall** | **Junior Spring** |
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| **Senior Fall** | **Senior Spring** |
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| **General Education (Current)** | **Course and Term** | **General Education (New)** | |
| Aesthetic & Interpretive Understanding |  | Aesthetics & Culture | |
| Culture & Belief |  | Arts & Humanities (Divisional) | |
| Empirical & Mathematical Reasoning |  | Quantitative Reasoning | |
| Ethical Reasoning |  | Ethics & Civics | |
| Science of Living Systems |  | Science & Technology in Society | |
| Science of the Physical Universe |  | Natural Sciences and SEAS (Divisional) | |
| Societies of the World |  | Histories, Societies, Individuals | |
| United States in the World |  | Social Sciences (Divisional) | |
| **Expository Writing** |  | | |
| **Foreign Language** |  | | □ Citation? |
| Notes: | | | |

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| **Are you considering a** [***joint concentration***](http://handbook.fas.harvard.edu/book/concentration-requirement#three) **? If so, which two? Who will you speak to about this option?** |
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| **Are you considering a** [***secondary field***](http://concentrations.fas.harvard.edu/pages/secondary-fields)**? If so, which one? Who will you speak to about this option?** |
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| **Are you considering** [***Advanced Standing***](http://handbook.fas.harvard.edu/book/other-academic-opportunities#six)**? Who will you speak to about this option?** |
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| **Are you considering writing a** [***thesis***](http://writingproject.fas.harvard.edu/pages/senior-thesis-writing-guides)**? How might you find out if this is the right option for you?** |
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| **Are you considering** [***study abroad***](http://oie.fas.harvard.edu/)**? If so, where and when? How might you find out if this is the right option for you?** |
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| **Are you interested in doing** [***research***](http://uraf.harvard.edu/)**? How might you find out if this is the right option for you?** |
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| **Do you have** [***summer credits***](http://handbook.fas.harvard.edu/book/other-academic-opportunities#four)**?** |
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