

# FROM COLLEGE TO CAREER

Please use the following as your roadmap to your College Success!

## FRESHMAN YEAR

### Adjust to College

Explore Your Academic Interests-Meet with your advisor/Take a Career Assessment Inventory

Focus on exploring interests, values, and skills

Research Career Options-Take FOCUS-2

Get Involved-Explore extracurricular clubs and organizations; acquire leadership skills

Acquire Marketable Skills- Develop good study skills and time management

Secure a Summer Job/Internship

Create your resume

Attend Career Services Activities (Mock Interviews, Resume Development)

Attend Career Fairs/ Information Sessions/Network with professionals in field

Take Care of Yourself-Eat well, exercise and sleep well

Limit employment to 10-15 hours weekly

## SOPHOMORE YEAR

### Solidify Your Academic Plan

Choose your major-Meet with your Advisor

Join career-related organizations and extracurricular clubs

Start building a “network” of contacts

Continue Skill Development-Take on a campus leadership role, community service project, or volunteer work

Update your resume

Explore Goals through Career-Related Experience-Secure an internship/research opportunity

(Register through Career Services and/or your department to identify companies/organizations and apply early)

Attend Career Services Activities (Check Calendar of Events)

Keep Taking Care of Yourself!

## JUNIOR YEAR

### Experience Career Options

Investigate Career-Participate in Career Mix and Mingle, talk to alumni/professionals and network

Join professional organizations related to career and attend conferences

Attend Career Services Events (Check Calendar of Events)

Develop Potential References-Utilize leadership positions, faculty, supervisors, professional contacts

Research Graduate Schools-Attend Graduate School Info Sessions

Take practice test and attend test prep workshops for Graduate Admission Exams

Begin to Develop Personal Statement for Grad School

Join career-related organizations

Update your resume (Get resume critiqued)

Complete Career-Related Internship- Paid/Unpaid Summer/Academic Year and volunteer positions

Get on Track to Graduate-Meet with Advisor to review academic requirements and maintain an appropriate GPA

## SENIOR YEAR

### Transition to Life after College

Check out your graduation requirements

Develop Job/Graduate School Search Strategies

Attend the Graduate School Fair and/or Career Fairs

Identify grad school application deadline, take graduate admission exams, complete personal statements, financial assistance

Apply to graduate/professional school by deadline (Typically by December)

Request letters of recommendations and schedule Graduate School Visitations

Conduct Job Search- Update your resume, develop cover letter, develop list of possible employers

Attend Career Services Professional Development Activities, Networking Sessions, etc.

Participate in Mock Interviews/Sign up for On-Campus Interviews

Establish references

Complete Senior Credential File and report grad school enrollment and/or acquired position to Career Services