

Creating a Four Year Plan

First Year

Self-Assessment & Career Planning

- **Learn How to Create Your Own Plan:** You DO NOT need to know what you want to do with the rest of your life but starting the conversation can help you map out possible options.
- **Find What Matters to You:** Discover your personal values, interests, skills and abilities. Tools like the Strong Interest Inventory may help.
- **Explore Careers of Interest:** Research interest areas and meet people in those fields. We can help.
- **Gain Experience By Doing:** There are many ways to get involved. These include student organizations, volunteering, and on-campus jobs.
- **Find a Summer Experience:** Summer jobs offer the opportunity to learn about a career fields.

Sophomore Year

Career Exploration & Leadership Development

- **Update Your Plan:** Meet with us to explore what engages you and further develop your plan.
- **Build Skills through Student Organizations:** Engagement develops develop your communication, teamwork and problem-solving skills.
- **Learn Through First-Hand Accounts:** Conduct informational interviews with professionals to learn about different career fields. You may be able to expand these into job shadows.
- **Tell Your Story:** Resumes, Cover Letters, and Interviews are all tools for sharing your passions and your developing professional story.
- **Seek Out Summer Opportunities:** Internship or summer employment can align with career goals. We can help!

Junior Year

Fine Tuning & Finalizing Your Plan

- **Set Your Goals & Plan:** Set your immediate post-grad career goals. Meet with us to formulate this into a plan.
- **Join a Professional Association as a Student:** These provide career information and networking.
- **Step into a Leadership Role:** Seek out leadership roles on and off-campus.
- **Meet More Alumni:** Actively network with alumni in your areas of interest.
- **Get to Know Potential Employers:** Participate in career fairs and career related events.
- **Gain Experience over the Summer:** Conduct research, work, do an internship, or volunteer.
- **Take Concrete Steps toward Grad School:** If applicable, research schools, the application process, and deadlines.
- **Start Preparing for Your Admission Tests:** Register and prepare for admission tests such as the GRE, LSAT and MCAT or GMAT.

Senior Year

Implementation & Transition

- **Fine Tune Your Post-Grad Plan:** Meet with us to finalize your post-graduate plans
- **Hone Your Career-Related Skills at a Workshop**
- **Update & Refine Your Story:** Revise your resume, learn how to write an effective cover letter.
- **Start Your Job Search:** Research organizations and the career opportunities they offer.
- **Expand Your Network:** Participate fairs, networking events, and workshops. Reach out to alumni in your field of interest.
- **Schedule a Mock Interview:** Learn how to tell your story through the interview.
- **Complete Your Graduate School Applications:** We offer feedback on your personal statements.
- **Get More Experience:** Continue to look for more learning experiences.
- **Activate Your Plan:** Apply for jobs or graduate school.