



## **FRESHMAN (Exploring)**

### **ACADEMICS:**

#### **Explore the University**

Read the General Catalog  
See your Academic Advisor  
Meet professors and staff  
Attend workshops on: study skills, test taking, time management  
Explore General Education Requirements  
Enroll in the College Experience course, IS 100 or WU 101  
Explore University Honors Program, Leadership Institute, and Washburn Transformational Experience

### **PERSONAL:**

#### **Self-Understanding**

Develop a support group of friends  
Get Rec'd! Check out the SRWC  
Do values clarification exercises  
Explore individual counseling @ Counseling Services  
Identify major fears of college life  
Redefine family relationships

### **SOCIAL:**

#### **Initiate Relationships**

Join Residence Halls Association (RHA)  
Get-a-Life! Visit Student Activities & Greek Life to get involved  
Become involved in a campus organization  
Make summer travel plans  
Nurture hobbies  
Develop a peer group  
Volunteer – Check out LinC

### **CAREER:**

#### **Explore Career Areas**

Attend a career workshop – visit Career Services  
Join the Career Services Facebook FanPage to get updates on all events!  
Talk with parents, friends, advisors, professors, career counselors  
Do “career testing” through volunteering  
Use “What Can I Do With This Major” and FOCUS2 on the Career Services website OR enroll in IS 120  
Attend Activities and Majors Fair and Career Fairs  
Identify your transferable skills & abilities  
Develop career-related hobbies

## **SOPHOMORE (Defining)**

### **ACADEMICS:**

#### **Gain Specific Information**

Seek academic advice from professors and peers  
Grab lunch with one of your professors  
Establish a personal GPA goal  
Choose an academic major  
Develop a tentative academic plan  
Choose electives that match your needs/interests  
Explore Study Abroad  
Attend the Activities and Majors Fair

### **PERSONAL:**

#### **Explore New Roles**

Learn about cultural diversity – check out the Multicultural Affairs Office  
Find out about international events – check out International House  
Find a mentor who can offer support  
Explore individual counseling

### **SOCIAL:**

#### **Increase Involvement**

Become actively involved in a club/organization, maybe one associated with your possible major  
Volunteer on student committees  
Volunteer in the community  
Join Intramural teams at the SRWC  
Attend University-wide events, lectures, and performances

### **CAREER:**

#### **Collect More Information**

Read about careers in the Library and online via FOCUS2 and O\*Net  
Conduct an informational interview with someone in your area of interest  
Develop your short-term goals for gaining experience and skills  
Look for a summer internship  
Volunteer to “shadow” a professional  
Talk with Specialists in Career Services about resumes and internships  
Attend career presentations and fairs to gather information and seek internships  
Create an account on BodJobs to start looking for jobs and internships



## JUNIOR (Researching)

### ACADEMICS:

#### *Make Initial Choices*

- Take mock GRE/MCAT or LSAT exams
- Focus on succeeding in major courses – seek tutoring with the Academic Success Center
- Relate academics to future life plans
- Attend departmental seminars/lectures that relate to your major
- Develop an academic mentor
- Consider research opportunities
- Seek out and apply for internships

### PERSONAL:

#### *Risk Personal Openness*

- Seek out sources of support
- Help others with their problems
- Continue discussions with your mentor
- Test ideas through decision groups
- Disagree with an authority – but have a solid reason

### SOCIAL:

#### *Exercise New Skills*

- Run for an elected office/get involved in WSGA
- Apply for Resident Assistant (RA) or peer advisor positions
- Become a Big Brother/Sister
- Volunteer through Campus Activities Board (CAB)

### CAREER:

#### *Increase Experience*

- Find internships that interest you
- Make tentative career decisions
- Attend the career and graduate school fairs
- Stop by Career Services for a resume review and to discuss plans and goals
- Develop general awareness of many career options
- Familiarize yourself with work settings and job descriptions
- Have a mock interview with Career Services

## SENIOR (Implementing)

### ACADEMICS:

#### *Long-Term Decisions*

- Prepare graduate school applications
- Apply for awards
- Present projects at scholarly meetings, Apeiron, Day of Transformation
- Complete your WTE
- Become a tutor
- Develop an independent study that is meaningful to you
- Request a senior progress check from Office of the Registrar

### PERSONAL:

#### *Make Commitments*

- Prepare for your chosen lifestyle
- Attend stress workshops
- Talk about your first year out of school
- Make a list of your firm decisions
- Write down three life goals
- Participate in Commencement!

### SOCIAL:

#### *Leadership*

- Lead a group or club
- Supervise a few student projects
- Join a professional organization
- Tutor high school students
- Assist in facilitation of leadership conferences and workshops

### CAREER:

#### *First Career Choice (Next Destination)*

- Attend presentations on: job searches and interviewing
- Attend career fairs and make connections with recruiters
- Establish life goals
- Develop a contact list of references; use your network to develop leads
- Check job listings and apply for jobs/Apply to graduate programs
- Interview for jobs or grad/professional school admission
- Develop a budget for graduate school or life after school