

Career Development 4 Year Plan

FRESHMAN (Exploring)

ACADEMICS:

Explore the University

- Read the General Catalog
- See your Academic Advisor
- Meet many professors
- Attend workshops on: study skills, test taking, time management
- Explore General Education Program Requirements
- Enroll in the College Experience course, IS 100
- Explore honors program
- Explore the Leadership Program

PERSONAL:

Self-Understanding

- Develop a support group of friends
- Take a personality test
- Checkout the SRWC
- Do values clarification exercises
- Explore individual counseling
- Identify major fears of college life
- Redefine family relationships

SOCIAL:

Intimate Relationships

- Join Residence Halls Association (RHA)
- Visit the Office of Student Activities & Greek Life and join a club or organization
- Get involved in activities
- Get involved in Greek life
- Make summer travel plans
- Nurture hobbies
- Develop a peer group
- Seek out volunteer opportunities with LINC

CAREER:

Explore Career Areas

- Attend a Choosing a Major workshop
- Talk with parents, friends, advisor, professors, career counselor
- Do career testing by trying out jobs through volunteering
- Use computer career guidance software in Career Services
- Attend Academic Majors Fair
- Identify the following: Past accomplishments, Skills & abilities, Career related hobbies, Personality style, Career values

SOPHOMORE (Defining)

ACADEMICS:

Gain Specific Information

- Seek academic advice from professors and peers
- Take professors to lunch to talk
- Establish a personal GPA goal
- Choose a major
- Develop a tentative academic plan
- Choose electives
- Explore the Study Abroad Plan
- Attend the Academic Majors Fair

PERSONAL:

Explore New Roles

- Learn about cultural diversity through multicultural and international events and awareness weeks
- Find a mentor who can offer support
- Explore individual counseling

SOCIAL:

Increase Involvement

- Work on a project for the club/organization of your choice
- Volunteer on student committees
- Volunteer in the community
- Join Intramural teams
- Attend University-wide events, lectures, musical and theatre performances and CAB events

CAREER:

Collect More Information

- Read about careers in the Library
- Talk with professionals in several careers (informational interviews)
- Make short-term goals
- Look for a summer internship
- Volunteer to "shadow" a professional
- Spend a day on the job
- Talk with career advisors
- Attend career presentations and career fairs
- Register with Career Services
- Create a BodJobs account

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JUNIOR (Researching)

ACADEMICS:

Make Initial Choices

- Take mock GRE/MCAT or LSAT exams
- Focus on major courses
- Relate academics to future life plans
- Attend seminars/lectures that relate to a major
- Develop an academic mentor
- Consider research opportunities
- Look into internships

PERSONAL:

Risk Personal Openness

- Seek out sources of support
- Help others with their problems
- Continue discussions with a mentor
- Test ideas through decision groups
- Disagree with an authority

SOCIAL:

Exercise New Skills

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

CAREER:

Increase Experience

- Find internships that interest you
- Make tentative career decisions
- Attend career and graduate school fairs
- Attend resume-writing presentations
- Conduct informational interviews
- Develop general awareness of career options in many areas
- Become familiar with work settings and job descriptions
- Talk with a career advisor
- Have a mock interview at Career Services

SENIOR (Implementing)

ACADEMICS:

Long-Term Decisions

- Prepare grad school applications
- Apply for awards
- Present projects at scholarly meetings
- Do a senior project
- Develop an independent study
- Work on an academic project with a professor
- Become a tutor
- Explore life-long learning interests
- 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

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

- Attend presentations on: job searches, interviewing, recruiting, mock interviews, resume writing, applying to grad school, etc.
- Establish life goals
- Develop a contact list
- Interview for jobs
- Develop a budget for a job or grad school
- Check job listings
- Participate in on-campus interviewing
- Attend career fairs

Washburn University Career Services

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