



4-Year Career Development Plan

FRESHMAN YEAR: SELF-EXPLORATION

- Set up an appointment with a career counselor to discuss your major and career plans
- If still deciding, seek career counseling with a career counselor
- Take career assessments from Career Services as a way to learn more about yourself and how interests, skills, personality, and values connect to a career
- Attend the Majors Fair to explore majors
- Register for a Career Decision Making (PSYA194) class in the fall or spring semesters if you are still unsure of a career direction
- Listen to podcasts on career decision making located on the Career Services website

SOPHOMORE YEAR: CONNECTIONS

- Make an appointment with a career counselor to discuss your major and experiential education opportunities
- Write a resume and post it to CareerLink to have it critiqued by a career counselor
- Go on an informational interview or job shadow someone in careers of interest
- Research careers in SIGI 3, found in CareerLink
- Attend the career fairs to practice networking with employers
- Connect with a career mentor in CareerLink's mentor database
- Consider enrolling in Applying Your Major (PSYA293), an internship class, during spring semester

JUNIOR YEAR: EXPERIENCE

- Make an appointment with an internship coordinator to plan an internship or other experience
- Update resume and post it to CareerLink
- Establish a Job Agent on CareerLink and apply to interesting internships
- Conduct a mock interview with a career counselor (and consider having it recorded onto a DVD)
- Attend career fairs to network with employers
- Establish a networking list
- Attend job search workshops and listen to podcasts related to internships and the job search
- Participate in an internship and follow up with a career counselor to reflect on your experience
- Begin researching graduate schools if planning on attending grad school and take admission prep courses and tests
- Consider enrolling in Applying Your Major (PSYA293), an internship class, during spring semester

SENIOR YEAR: LAUNCHING

- Update your resume and post it on CareerLink
- Make an appointment with a career counselor to develop a job search timeline
- Update your networking list and begin to use it to connect with possible job openings
- Attend fall and spring career fairs as a way to network with employers
- Register for Mock Interview Day or schedule a mock interview with a career counselor or peer advisor
- Learn market trends and salary expectations for your industry and career of interest
- Develop a career/job search portfolio
- Complete graduate survey to inform office of plans after graduation