

## **What Should I Major In?**

Make an appointment with your SEAS coach to explore majors.

## **Get Involved:**

- Join and be active in student organizations and clubs. Get to know faculty, counselors, student leaders, and college administrators.
- Clean up online profiles and presence on Facebook, Twitter, etc.

## **Make Connections:**

- Create professional LinkedIn profile and update your resume with CPDS.
- Attend Career, Internship & Graduate School Fair to begin developing your college network and options after Saint Mary's.
- Set up a 30 minute Career Chat with CPDS.

## **Explore Your Options:**

- Strengthen personal development by volunteering for community service.
- Find a part-time job or an internship on GaeLink.
- Log into GaeLink to sign up for workshops and view CPDS events & announcements.

# Sophomores

ASSESSMENT & EXPLORATION

## Career and Professional Development Services

### Inquire:

- Take self-assessment through your SEAS coach.
- Conduct informational interviews to learn about fields of interest.
- Build your resume and LinkedIn profile.
- Set up 30 minute Career Chat with CPDS.

### Step Out:

- Attend the Career, Internship, Grad school and Study Abroad Fair.
- Look for an internship, part time, or full time job on GaeLink.
- Participate in CPDS workshops and events.

### Research:

- Explore occupations through CPDS website and resources.
- Log on to Vault.com.
- Look at GaeLink and make an appointment with CPDS to discuss internships or grad school.

### Undeclared?

You must declare your major by the end of your second year. Meet with your SEAS coach to finalize your plan.

**Call ext. 4600**

## **Experience Necessary!**

Employers want to see some kind of experience. Consider volunteering, getting an internship, taking a leadership position or a part-time job.

## **Refine:**

- Set up a 30 minute Career Chat with CPDS
- Narrow down your career options through research and conversations with your network.
- Finalize your resume. Write a cover letter for a specific job posting.
- Continue building out your LinkedIn profile.

## **Plan:**

- Attend Grad school info night in September or January
- Continue updating LinkedIn profile and attend Grad School Night, Career & Internship Fair.
- Discuss internships and jobs with a CPDS strategist
- Make appointment with Graduate School Advisor to clarify direction.

## **Experience:**

- Become an active leader in student organizations.
- Attend employer info sessions to prepare for interviews.
- Explore internship possibilities with CPDS.
- Consider volunteering for an organization related to your career interests.
- Look for an internship, part time, or full time job.

IPRACTICAL EXPERIENCE

**Junior**

## **Be Proactive:**

- Set up a 30 minute Career Chat with CPDS.
- Attend senior orientation in fall and spring.
- Keep building your network on LinkedIn.
- Check with CPDS to get connected to alumni.
- Meet with Brother Glenn to explore your grad or law school interests, then apply to grad or law school.

## **Be Prepared:**

- Complete 1st destination survey required for graduation.
- Finalize resume by attending a CPDS resume workshop.
- Invest in a suit for interviews.

## **Explore Your Options:**

- Make sure LinkedIn profile is up to date.
- Attend all CPDS workshops, Career Fairs and Grad Fairs (September and January)
- Utilize CPDS resources for job search and tips.

## **Search!**

Don't wait until you graduate to start looking for a job. The average job search takes 6 months.