FRESHMAN
INVESTIGATE

1ST YEAR
4 YEAR PLAN

EXPLORE
Interests
What do you like?
Skills
What are you good at?
Values
What is important to you?
Goals
What is your education for?

LEARN
Take UNIV 103: Career Exploration
Designed to help you explore majors and careers.

RESEARCH
Occupational Outlook Handbook
www.bls.gov/ooh
O*Net Online
www.onetonline.org
Informational Interviews
Interview the people in your field(s) of interest.
Job Shadow
Ask a professional to observe them for a day.
Career Assessments
Take the TypeFocus assessment
www.cwu.edu/career/typefocus

UNDECIDED?
Questioning your major?
Meet with a career counselor and explore possible careers and majors that fit your interests and goals.

2ND YEAR
4 YEAR PLAN

SOPHOMORE
EXPERIENCE

ASSESS
Re-examine Options
Have they changed? Why?
Review Your Transcript
What do you still need?
Decide on a Major
Review programs.

DISCOVER
Internships
Get experience before your graduate.
Volunteering
Visit the Center for Leadership & Community Engagement.
Study Abroad
Expand your horizons.
Clubs & Organizations
Get involved with campus activities.

LEARN
Create an Account in the Wildcat Career Network
This is the University’s premier job and internship database. See our website!
Consult Faculty on Career Opportunities in Your Major
Faculty have professional connections and are excellent resources.

UNDECLARED?
You MUST officially declare a major by the end of this year.
Meet with a career counselor to help you find the right major.

CWU Career Services | cwu.edu/career | career@cwu.edu | 509-963-1921
JUNIOR
PREPARE

NETWORK!
It’s the #1 WAY to find a job!
Employers are more likely to hire from a personal reference than any other method.

INTERN
Find Openings
Check our Wildcat Career Network.

Build Your Network
Create a LinkedIn profile.

Tailor Your Resume
We’ll show you how.

Prepare for Interviews
Schedule a mock interview.

LEARN
Take UNIV 301: Career Management
Designed to help you prepare for jobs and internships, and life after college.

Seek Research Opportunities
Current research looks great on resumes, vitae, and grad school applications.

Stay Current with Industry Trends
Trade publications and journals in your field will help you with career planning.

4TH YEAR
4 YEAR PLAN

SEARCH
Find Openings
Job websites and networks

Build Your Network
Faculty, Family, Friends, & Alumni

Update Your Resume
Have us review it.

Prepare for Interviews
Schedule a mock interview.

ENGAGE
Build Leadership Skills
Seek opportunities where you can coach, train, mentor, or supervise others.

 Participate in Professional Development
Attend Career Services workshops and events. You can do this every year!

CONSIDER
Location
Urban? Rural? Sedentary? Traveling?

Salary & Benefits
Acceptable range? What kind of benefits?

Environment
Office? Outdoors? Teamwork? Alone?

Schedule
Do you need flexible hours?

SENIOR
IMPLEMENT

Target Activities that Meet Your Goals
Internships, research, extracurricular activities.

Connect with Professionals
Join professional associations.

Decide on Graduate School
Research programs and schools.

Attend Pre-Graduation Workshops
GRE, LSAT, MCAT, Budget & Career Planning

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Schedule
Do you need flexible hours?

SEARCH?
Do not wait to start searching until you graduate. The average time between graduation and a career is 6 MONTHS!

Begin your search fall quarter.