

FRESHMAN

INVESTIGATE

1ST YEAR
4 YEAR PLAN



UNDECIDED?

**Questioning
your major?**

Meet with a career
counselor and

EXPLORE
possible careers
and majors that
fit your interests
and goals.

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.

Meet with Your Academic Advisor Every Quarter

Ensure you take the right Gen Ed's and University requirements.

Attend the Majors Fair in January

Meet faculty and department representatives to discuss major/minor options.

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

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.

Update Your Resume

Have us review it.

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.

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.



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.



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.

PLAN

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

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?



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.