

# FRESHMAN

INVESTIGATE

1<sup>ST</sup> 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 do you perform well?

**Values** - What is important to you?

**Goals** - What are your educational goals?

## LEARN

**Take UNIV 1000: University Experience**

Explore career paths through TypeFocus assessment, create a resume, and create your Handshake profile.

**Meet with Your Academic Advisor Every Semester**

Ensure you take the right academic major courses and met University requirements.

**Attend the Career Fairs**

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

## RESEARCH

**Occupations**

<http://ccs.nsula.edu/students/> to learn more about Handshake and employment opportunities.

**Career Assessments**

Take the TypeFocus assessment in your University Experience course or visit <https://v6.typefocus.com/> and use your student login information.

**Informational Interviews**

Interview the people in your field(s) of interests.

**Job Shadow/Externships**

Ask a professional to observe them for a day.

# SOPHOMORE

EXPERIENCE

2<sup>ND</sup> YEAR

4 YEAR PLAN

## ASSESS

**Re-examine Options**

How 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

**Use Your Account in Handshake**

This is where students find jobs and internship opportunities. Download Handshake App Now!

## DO

**Internships**

Gain experience before you graduate.

**Volunteering**

Contact:

Steven Grusebeck

Instructor and Director of Service Learning

Phone: 318.357.5911

Bienvenu Hall - 328

sgruesbeck@nsula.edu

**Study Abroad**

Expand your horizons.

**Clubs & Organizations**

Get involved with campus activities.



**Handshake**

Download Handshake App Now!

# JUNIOR

PREPARE

3<sup>RD</sup> YEAR

4 YEAR PLAN



## 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 Handshake.

### Build Your Network

Create a LinkedIn profile.

### Tailor Your Resume

We'll show you how.

### Prepare for Interviews

Schedule a mock interview.

## LEARN

### 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.

### Graduate School

Research programs and schools.

### Attend Pre-Graduation Workshops

GRE, LSAT, MCAT, Career Planning  
To learn more about collegiate exams visit: <https://studentdevelopment.nsula.edu/testing-center/>

# SENIOR

IMPLEMENT

4<sup>TH</sup> YEAR

4 YEAR PLAN

## SEARCH

### Find Openings

Handshake, job websites, and networks

### Build A Network

Faculty, Family, Friends, and Alumni

### Update Your Resume

Have NSU Career Center review it and do a resume critique.

### Prepare for Interviews

Schedule a mock interview.

## ENGAGE

### Build Skills

Seek opportunities where you can coach, train, mentor, or supervise others.

### Participate in Professional Development

Attend Career Services workshops and career fairs. You can do this every semester!

## CONSIDER

### Location

Urban? Rural? Sedentary? Traveling?  
Cost of Living?

### Salary and 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 NOW!