

Career Development 4 Year Plan



Washburn University® Career Services
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FRESHMAN (Exploring)

ACADEMICS:

Explore the University

- See your Academic Advisor
- Meet professors and staff
- Attend workshops on: study skills, test taking, time management
- Explore General Education Requirements
- Enroll in the College Experience course, WU 101
- Complete Financial Literacy modules in WU 101
- Explore academic opportunities: University Honors Program, Leadership Institute, Washburn Transformational Experience (WTE)

PERSONAL:

Cultivate Self-Understanding

- Develop a support group of friends
- Get Rec'd! Check out the SRWC
- Do values clarification exercises
- Take a personality assessment
- Explore individual counseling @ Counseling Services
- Identify major fears of college life
- Redefine family relationships
- Sign-up for SALT during your New Student Orientation session

SOCIAL:

Initiate Relationships

- Join the Washburn Residential Council (WRC)
- Get a Life! Visit Student Activities & Greek Life to get involved
- Become involved in a campus organization
- Make summer travel plans
- Develop a peer group
- Volunteer – Check out LinC

CAREER:

Discover Career Areas

- Attend a career workshop – visit Career Services
- Join the Career Services Facebook FanPage to get updates on all events!
- Talk with parents, friends, advisors, professors, career counselors
- Do “career testing” through volunteering
- Use “What Can I Do With This Major” and FOCUS2 on the Career Services website OR enroll in IS 120: Major and Career Exploration
- Attend career fairs and the Activities and Majors Fair
- Identify your transferable skills & abilities
- Develop career-related hobbies

SOPHOMORE (Defining)

ACADEMICS:

Gain Specific Information

- Seek academic advice from professors and peers
- Grab lunch with one of your professors
- Establish a personal GPA goal
- Choose an academic major
- Develop a tentative academic plan
- Choose electives that match your needs/interests
- Explore Study Abroad
- Attend the Activities and Majors Fair

PERSONAL:

Explore New Roles

- Learn about cultural diversity – visit University Diversity and Inclusion
- Find out about international events – check out the International House
- Find a mentor who can offer support
- Explore individual counseling

SOCIAL:

Increase Involvement

- Become actively involved in a club/organization
- Join an organization in your possible major
- Volunteer on student committees
- Volunteer in the community
- Join Intramural teams at the SRWC
- Attend University-wide events, lectures, and performances

CAREER:

Collect More Information

- Read about careers in the Library and online via FOCUS2 and O*Net
- Conduct an informational interview with someone in your area of interest
- Develop your short-term goals for gaining experience and skills
- Look for a summer internship
- Volunteer to “shadow” a professional
- Talk with Specialists in Career Services about resumes and internships
- Attend career presentations and fairs to gather information and seek internships
- Create an account on BodJobs to start looking for jobs and internships

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JUNIOR (Researching)

ACADEMICS:

Make Initial Choices

- Take mock GRE, MCAT or LSAT exams
- Focus on succeeding in major courses – seek tutoring with the Center for Student Success
- Relate academics to future life plans
- Attend departmental seminars/lectures that relate to your major
- Develop an academic mentor
- Consider research opportunities
- Seek out and apply for internships

PERSONAL:

Risk Personal Openness

- Seek out sources of support
- Recomplete SALT modules regarding student loans and budgeting
- Help others with their problems
- Continue discussions with your mentor
- Test ideas through discussion groups
- Disagree with an authority – but have a solid reason

SOCIAL:

Exercise New Skills

- Run for an elected office/get involved in WSGA
- Apply for Resident Assistant (RA) or peer advisor positions
- Become a Big Brother/Sister
- Volunteer through Campus Activities Board (CAB)

CAREER:

Increase Experience

- Find internships that interest you
- Make tentative career decisions
- Stop by Career Services for a resume review and to discuss plans and goals
- Attend the Fall Career & Graduate School Fair and the Spring Career Fair
- Develop general awareness of many career options
- Familiarize yourself with work settings and job descriptions
- Have a mock interview with Career Services
- Conduct informational interviews for information and network contacts

SENIOR (Implementing)

ACADEMICS:

Make Long-Term Decisions

- Prepare graduate school applications
- Apply for awards
- Present projects at scholarly meetings, Apeiron, Day of Transformation
- Complete your WTE
- Become a tutor
- Develop an independent study that is meaningful to you
- Perform an online degree audit through the Registrar's Office

PERSONAL:

Form Commitments

- Prepare for your chosen lifestyle
- Attend stress workshops
- Talk about your first year out of school
- Make a list of your firm decisions
- Write down three life goals
- Prior to graduation, complete SALT modules regarding student loan repayment; consult financial literacy resources as needed
- Participate in Commencement!

SOCIAL:

Practice Leadership

- Lead a group or club
- Supervise a few student projects
- Join a professional organization
- Tutor high school students
- Assist in facilitation of leadership conferences and workshops

CAREER:

Select First Career Choice (Next Destination)

- Attend presentations on job searches, interviewing, and the transition from college life to post-college life
- Attend career fairs and make connections with recruiters
- Establish life goals
- Develop a contact list of references; use your network to develop leads
- Check job listings and apply for jobs or apply to graduate programs
- Interview for jobs or graduate/professional school admission
- Develop a budget for life after school or graduate school