MAPPING OUT YOUR FOUR YEARS
Making the most of your college experience from start to finish.

FRESHMAN YEAR
Find your stride
• Get involved! Explore Campus Activities to find a club or volunteer opportunity for you. Make those personal connections.
• Explore majors: Get to know your professors to ask questions about possible career paths
  ○ Meet with your academic advisor and career fairs.
• Find your academic stride: get familiar with your resources like Belk Library, the University Writing Center, and the Student Learning Center
  ○ Utilize the Tutoring Center to gain effective study skills.

SOPHOMORE YEAR
Lead
• Take on a leadership position: This could be in one of the clubs or volunteer organizations you have joined.
• Get a job: whether on or off campus, build up your resume with work experience
  ○ Set up an appointment through Handshake with Career Development to research future internships and career choices.
• Find an observation experience for a field you are interested in: this could also be a requirement for future graduate programs.
• Declare Your Major: check Degreeworks to make sure you have met requirements to declare.

JUNIOR YEAR
Keep Going!
• Build Your Professional Presence:
  ○ Refine your resume
  ○ Complete a mock interview, attend career fairs and workshops
  ○ Develop LinkedIn profile
• Check DegreeWorks to make sure you are on track to graduate
• Set up internship experiences
• Consider taking the 1 credit hour College to Career Course!
• Explore student research
• Practice Self Care! Junior Year can be a challenging year - continue your self care habits and utilize the Wellness Center!

SENIOR YEAR
Setting Up for Your Next Steps
• Complete your senior check
  ○ Don’t forget to apply to graduate!
• Set up job interviews and finalize your resume
  ○ Use Handshake to make an appointment for a practice interview and resume check
• Considering Graduate School?
Explore programs best for your major then craft and submit your application materials!
  ○ Taking the GRE/Praxis/LSAT? Explore Student Learning Center for Standardized Test Prep
• Students applying to graduate health programs should begin this process summer after junior year.