

Career Planning Timeline Freshman/Sophomore Class

Freshman/Sophomore Career Preparation

- Study, learn, and focus on your GPA from day one. We cannot over emphasize the importance of your GPA to employers after you graduate. Ensure that the GPA you graduate with in four years will support you in getting the job of your dreams. Develop strong study and time management skills
- Explore a four year academic commitment and enroll in the Honors Program
- Enroll in the College to Career required course CTC101
- Schedule an appointment with Career Services at <u>careerdev@post.edu</u> if you need assistance
- Use your Post email @students.post.edu <u>DAILY</u>. Career Services sends emails to your Post student email address announcing: internships/jobs, on and off campus events, career related competitions, workshops, and job fairs
- Begin to research your career options within your major including salary; Go to the College Recruiter website "Salary Calculator for Students and Recent Grads" at <u>https://www.collegerecruiter.com/salary-calculator</u> to understand how important your studies are to your future career salary
- Conduct informational interviews with professionals working in your field of major
- Participate in extra-curricular activities:
 - Volunteer for community services
 - \circ $\;$ Join on campus student organizations or an academic club in your major $\;$
 - o Participate in sports
 - o Participate in Student Government as a class senator or executive board member
 - Pursue a passion of interest to you
 - Write an article for the Post blog
 - Enter a competition related to your major or career related
- Visit Career Services Facebook job board at jobs & Internships https://www.facebook.com/PostUniversityCareerServices/
- Research internships/practicum opportunities in your major

OUTCOMES:

- ✓ Confirm your choice of a major
- ✓ Explore your career path
- ✓ Think of yourself as a future professional in your major
- ✓ Create your initial resume and cover letter
- ✓ Create your LinkedIn Profile
- ✓ Locate where you want to do your internships/practicum in your major in junior year
- ✓ Attend the Career Services event "Interview Advice from Business Professionals"
- ✓ Attend the annual Job/Internship Fair

Contact Career Services at careerdev@post.edu or visit North 103