<table>
<thead>
<tr>
<th>Goals for the year</th>
<th>Strategies</th>
<th>Identify Your Next Steps</th>
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| Finalize major choice & commit to academic success | • **Declare a major**; for help consult with Career Services or your school/college.  
• Map out class schedules up to graduation; consider study abroad/ experiential learning.  
• Meet with faculty or staff regularly to discuss your academic progress.  
• Read **articles and journals** related to major.  
• Talk with faculty about their discipline, research classes or interests.  
• Begin to explore **Graduate School**. | • **Visit Arts & Sciences Student Services** during drop-in hours: 1:30-3:30pm to discuss major  
• **Look into Grad School options for Psychology and Social Work:** requirements? |
| Become familiar with a range of careers | • Explore how your **major, interests, values and skills** relate to **career fields**.  
• Research VT, US, and international **internships**.  
• Attend two Career Services workshops or events, including: Internship Hop or **Job Fair**. Check the Career Services Calendar of Events.  
• Peruse weekly Career Services emails for jobs/internship opportunities and events.  
• Use **UVM Career Connection** on **Linked-in** to find alumni mentors. | • **Look into internships:** HowardCenter, ECHO?  
• **Go to Internship Hop in Oct.**  
• **Create a Linked-in profile and join UVM alumni groups** |
| Engage in experiential learning opportunities | • Join campus committees & **organizations**; identify paths to leadership positions.  
• Take advantage of experiential learning opportunities: **study abroad**, **undergraduate research**, **service learning**, **internships**, or cooperative education.  
• Participate in **Alternative Breaks** or other **service opportunities**. | • **Explore research opportunities:** call OUR to make appointment  
• **Check out iAbroad for study abroad options in Africa**  
• **Volunteer with VIA** |
| Winter Break | • Explore careers by taking an online, one-credit UVM Career Institute course.  
• Connect with a professional in a field of interest.  
• Attend a **UVM networking event**. | • **Attend UVM Networking Event in Boston or NYC** |
| Following Summer | • Work, **intern**, conduct **research** or volunteer in your field of interest.  
• Begin to build a **strong network** of people who can support your career efforts.  
• Reflect on the year and plan next steps. | • **Make connections through internship at Peace and Justice Center** |