MAKE A PLAN AND TAKE ACTION

Finalize major choice & commit to academic success

- **Declare a major**: for help consult with the Career Center or your school/college.
- Map out class schedules up to graduation; consider study abroad/ experiential learning.
- Meet with faculty/staff to discuss your academic and career path and ask about their work and research.
- Read articles and journals related to your major.
- Begin to explore Graduate School.

- **Visit Arts & Sciences Student Services’ drop-ins**: 1:30-3:30pm to discuss major.
- **Look into Grad School options for Psychology**:
  - requirements?

Become familiar with a range of careers

- Explore how your **major, interests, values and skills** relate to career fields.
- Research **internships**.
- Attend two Career Center workshops or events, including: Internship Hop or Job Fair.
- Peruse weekly Career Center emails for jobs/internship opportunities and events.
- Use UVM Career Connection on LinkedIn to find alumni.

- **Look into internships**:
  - HowardCenter, ECHO?
- **Go to Internship Hop in Oct.**
- **Create a LinkedIn 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 & other service opportunities.
- Expand your multi-cultural awareness.

- **Explore research opportunities**:
  - call OUR to make appointment
- **Check out iAbroad for study abroad options in Africa**
- **Volunteer with VIA**

Winter Break

- Explore online, 1 credit UVM Career Institute classes.
- Connect with professionals in fields of interest.
- Attend a UVM networking event.

- **Attend UVM Networking Event in Boston or NYC**

Following summer

- Work, intern, do research or volunteer in your field.
- Begin to build a strong network of people who can support your career efforts.

- **Make connections through internship at Dealer.com**

Reflect or discuss: What are you learning about yourself and the world of work this year?

UVM Career Center www.uvm.edu/career