Career Development: A Four Year Plan
Center for Internships and Career Development

First Year

Examine
Examine interests, abilities, values and personality preferences. Use this insight to choose a major and career path.

☐ Schedule an appointment with a career counselor to assess your interests, abilities, values and personality type, and use TypeFocus through your First Year section electronically.

☐ Create your account on Experience.

☐ Attend campus events put on by campus organizations, departments and join a campus club or organization.

☐ Select a campus job or work study assignment that supports your goals.

☐ Work with the Center for Community Engagement to choose a community service project aligned with your interests.

Sophomore

Explore
Investigate potential career paths by engaging with campus clubs, leadership training, community service, or on-campus employment.

☐ Select and declare your academic major, minor, and/or concentration.

☐ Write your professional resume using Optimal Resume.

☐ Explore internship and co-op programs that interest you and support your career goals.

☐ Talk to your faculty and discover what inspired their career paths.

Junior

Experience
Acquire real world experience through one or more of the experiential learning programs at Eastern.

☐ Secure and successfully complete an internship, Co-op or meaningful summer work experience.

☐ Assume leadership roles in the community service projects, campus clubs and professional associations.

☐ Consider studying abroad.

☐ Research Graduate Schools related to career interests.

Senior

Exit
Work with the Center for Internships and Career Development to design your post-graduate plan.

☐ Finalize your professional resume and cover letter formats.

☐ Learn job search strategies and interviewing at the Center for Internships and Career Development workshops.

☐ Network with faculty, staff, family and friends to increase success of job search.

☐ Attend career fairs and employer information sessions put on by the campus clubs.

☐ Schedule a mock interview.

☐ Complete graduate school requirements.

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