Examine **First Year**

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 learn about resources and services available to you, including **TypeFocus**. Begin creating a personal plan for success.
- Activate your account on the **Eastern Career Network**.
- Learn about Eastern and the local community by attending campus events, joining a campus club/organization, visiting the Center for Community Engagement and choosing a volunteer project aligned with your interests.
- Seek a campus job or work study assignment that matches your interests and supports your goals.

Explore **Sophomore**

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.
- Prepare your resume using **Optimal Resume** to aid in your search for a part-time job, an internships, study abroad programs or research projects. Have it reviewed by a career counselor.
- Explore **internship and co-op programs** that interest you and support your goals.
- Talk to with faculty, staff and other contacts to discover what inspired their career paths.
- Create a LinkedIn profile.

Experience **Junior**

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 community service projects, campus clubs and professional associations.
- Finalize any plans for a **study abroad** program of study or internship.
- Explore **graduate or professional school** options; take entrance examinations.
- Conduct informational interviews with professionals in your field of interest.
- Choose three to five interests and relate them to your career goals.

Exit **Senior**

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

- Refine your resume and cover letter and participate in a **mock interview**.
- Attend **career fairs** and employer information sessions sponsored on campus.
- Learn job search strategies and interviewing techniques at the Center for Internships and Career Development.
- Meet people in your career field using LinkedIn and networking with faculty, staff, family and friends to increase success in your job search.
- Complete graduate/professional school applications and graduate assistantship applications.