

YOUR FIRST-YEAR GAME PLAN

Career Crossings Office ♦ Saint Mary's College ♦ Notre Dame, IN

PERSPECTIVE

Getting ready. That's what you need to keep in mind as you start your college experience. You're getting ready to explore and put to the test the various answers you've entertained over the years to that one question: what are you going to do when you grow up? And if you've never been asked that question, then it's time to ask it.

RÉSUMÉ

The purpose of a résumé is to market your education, accomplishments, skills, and strengths—it's not too early to have one written your first year. You will need it to apply for internships and jobs and may also need it for some on-campus jobs, networking, graduate schools, research opportunities, and study-abroad. The résumé serves as a visual reminder and roadmap of what you need to "collect" in the next four years before you transition out of college. Remember, it takes only one line to write your degree accomplishment on your résumé—you're going to have to fill the rest of your résumé with something, so your first year is the right time to have one started.

CHOOSING A MAJOR

Did you know there are over 30 majors to choose from at Saint Mary's College? How did you decide on your intended major? Whether you are still deciding, happy or unhappy with your intended major, unsure of whether you've made the right decision regarding your major, it is important to give careful consideration to what major you will declare in your sophomore year.

EXPLORING CAREERS

Have you given thought to what goes into choosing a career path? Perhaps you're sticking to your line that you've given since you were 5 years old about what you want to be when you grow up, or you may have parents, cousins, or older siblings that have influenced your choices. Or maybe you really don't know where to begin. Career choice begins by looking at who you are—the things that interest you, the skills you have a propensity for, the issues that tug at your heart, the topics you find intellectually stimulating, and the values and principles you were brought up with or are developing, to name a few.

YOUR FIRST-YEAR GAME PLAN CHECKLIST

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- Login to College Central Network at <http://collegecentral.com/saintmarys/> to stay connected to career-related programs, events, jobs, and internship opportunities.
- Attend your Career Crossings First-Year Outreach session (you should have received a postcard from the CCO in your campus mailbox) to learn about the programs and services offered by the CCO. If you can't make your session, call us to reschedule to another session!

RÉSUMÉ

- To get started, view the online résumé workshop at saintmarys.edu/career-center/onlineworkshops.
- Have your résumé critiqued by the CCO.
- Upload your résumé to College Central Network so employers can find you (be sure to update it as needed!).
- Begin developing your professional portfolio (paper and electronic) by collecting writing samples from papers, assignments, projects, and presentations.
- Keep your résumé updated as you gain new experiences.

CHOOSING A MAJOR

- Talk with faculty and upper-class students about different majors and careers.
- Take career assessments offered through the CCO to explore your interests, personality style, values, and strengths.
- Explore majors and minor options with your academic advisor and the CCO. View a list of majors at saintmarys.edu/majors.
- Attend workshops and programs hosted by the CCO to assist you with career decision-making skills and discern your career options.

EXPLORING CAREERS

- Explore career paths of alumnae at saintmarys.edu/career-center/lifeaftersmc.
- Research careers using the O*Net at onetonline.org and MyPlan.com. Check out books from the CCO Resource Center located in Spes Unica, Room 114.
- Conduct job shadowing and information interviewing with alumnae and professionals in your fields of interest. The CCO can coach you on effective strategies for this.
- Volunteer for events and activities with organizations you are passionate about.

Need assistance with your game plan? Contact us!

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Career Crossings
Office

career passion, life vocation 