### First Year: A Year of Self-Discovery

#### Career Planning Guide Checklist

**Discover Your Interest, Skills and Values**
- [ ] Identify and assess your interests and skills
  - Read the Luther College Catalog and select one elective course of interest to you
  - Read media, textbooks, newspapers, books related to your interests
  - Develop your communication skills
  - Complete an interest inventory (i.e. Strong, MBTI, StrengthsFinder)
- [ ] Complete the required Fit and Well Course for first year students
- [ ] Investigate and selectively join 1-2 campus clubs or organizations
- [ ] Pursue a summer job or volunteer opportunity related to your interests

**Explore Majors and Careers**
- [ ] Talk to your Advisors, Faculty, Career Counselors, or mentors about majors, study abroad & careers
- [ ] Explore majors, courses and requirements
- [ ] Explore career options by major
- [ ] Make a tentative decision on your major

**Prepare for the World of Work**
- [ ] Draft a college resume
- [ ] Create a LinkedIn account
- [ ] Log on to the Luther CareerConnection system and create your profile