

To help debunk the college myth that “only seniors need to visit the Career Center”, below is a timeline that lists various activities that you should consider pursuing as you progress throughout your four years at Luther. By doing so, you not only increase your potential of successfully accomplishing your career goals, but you will likely minimize the stress that is experienced by many seniors. By starting early you can more fully explore your interests, develop necessary skills, and prepare for *Life After Luther*.

YOUR FIRST YEAR*Self-Discovery & Exploration*

As a first year student you will be making many new and exciting discoveries about yourself. The Career Center is here to assist you when you are ready to explore your interests and think about how to connect those interests to academic majors and careers. We have put together a list of suggestions to begin the career exploration process in your first year of college.

- ❑ Develop good time management and study skills.
- ❑ Work part-time or serve as a volunteer to explore your interests and develop good work habits.
- ❑ Become actively involved with co-curricular activities for personal and professional growth.
- ❑ Select elective courses that interest you and relate to your natural strengths and abilities.
- ❑ Meet with a Career Counselor to explore your interests and take an interest inventory.
- ❑ Utilize the “What Can I Do With A Major In ____?” resources available in the Career Center.
- ❑ Read about course requirements for majors in the Luther College Catalog.
- ❑ Make a tentative major choice.

YOUR SOPHOMORE YEAR*Exploration & Decision-Making*

As a sophomore you know your way around Luther, you remember your ID number, and have found the fastest route from the Regent’s Center to the CFA! However, many (if not most) sophomores have still not chosen a major. There are many resources available to help you make this decision and/or begin investigating what career possibilities exist with respect to your interests. Consider the following...

- ❑ Attend the Career Center’s *Sophomore Springboard Program*.
- ❑ Continue to explore career interests and take an interest inventory if you did not complete one as a first year student.
- ❑ Research majors of interest by visiting with faculty.
- ❑ Utilize the Career Center Resource Library to research careers.
- ❑ Conduct informational interviews with professionals in career fields that interest you.
- ❑ Participate in the Career Center’s Sophomore Shadow Program to learn more about an occupation first hand.
- ❑ Begin crafting a resume.
- ❑ Gain career-related work experience and develop skills through part-time jobs, internships and summer jobs.
- ❑ Meet with a Career Counselor to assess your progress and confirm your choice of major.

YOUR JUNIOR YEAR

Decision-Making & Preparation

The junior year is an excellent time to begin focusing your career goals. If you plan to enter the job market you will begin searching for an internship or part-time job related to your career interests. If graduate school is in your future, you will begin researching graduate programs and begin making choices about where you will apply. The Career Center can assist you as you make your decision and begin preparing to finalize your plans. The checklists below can help you organize your next steps.

Pursuing graduate school?

- Meet with a Career Counselor and faculty member/advisor to discuss your interest in graduate school.
- Become familiar with Career Center graduate school resources.
- Attend the *Considering Graduate School* workshop.
- Attend the Fall Graduate/Professional School Day.
- Develop a list of potential schools and make plans to visit them (perhaps during Fall Break).
- Begin writing your personal statement and completing graduate school applications and have them reviewed by a Career Counselor and/or your Faculty Advisor.
- Register for graduate school admissions tests required by the programs you are considering (DAT, GRE, LSAT, MCAT, etc.).

Planning to enter the job market?

- Meet with a Career Counselor to learn about internships and gaining career-related experience.
- Revise your resume and have it critiqued by a Career Counselor.
- Attend internship/job search workshops.
- Begin creating a network of alums, family, and friends to assist you in your internship/job search.
- Shadow or conduct informational interviews with professionals in your field of interest.
- Become familiar with Career Center internship and job search resources.
- Attend the Fall and Spring Career Fairs.
- Utilize the On-Campus Recruiting program and events hosted by the Iowa Private College Career Consortium (IPCCC).

YOUR SENIOR YEAR

Assess Progress & Making the Transition

During your senior year you will finalize your decision to work full-time (or volunteer for that matter) or attend graduate school. The Career Center can support you as you make that decision and we have a variety of services in place to assist you. We have created a checklist below to guide you as you move into your senior year.

Entering the Job Market

- Attend the Career Center's Senior Seminar in the Fall.
- Meet with a Career Counselor to finalize your resume and discuss your personal job search strategy.
- Participate in a mock interview.
- Attend job search workshops and begin your full-time job search.
- Attend Career Center Fall & Spring Career Fairs.
- Utilize the On-Campus Recruiting program and events hosted by the Iowa Private College Career Consortium (IPCCC).
- Attend on-campus company presentations to learn about organizations and the opportunities available.
- Utilize job search resources available in the Career Center and on the Career Center website.
- Utilize your job search network of alums, family and friends.
- Explore professional organizations in your career field that may offer networking opportunities.

Entering Graduate School

- Create a final list of graduate programs.
- Register and complete graduate admissions exams.
- Participate in a mock interview.
- Complete graduate school applications forms.
 - Request and obtain faculty recommendations.
 - Complete personal statements/admissions essays.
 - Apply for graduate assistantships and financial aid.
- Once accepted, send in your deposit and notify other schools of your decision.