

First Year: A Year of Self-Discovery Career Planning Guide Checklist

<p>Discover Your Interests, Skills, Talents and Values</p> <ul style="list-style-type: none"> <input type="checkbox"/> Identify and assess your interests and skills <ul style="list-style-type: none"> • Read the Luther College Catalog and select one elective course of interest to you • Read media, textbooks, newspapers, books related to your interests • Complete an interest inventory (e.g. Strong Interest Inventory, MBTI, StrengthsFinder) <input type="checkbox"/> Complete the required Lifetime Health & Wellness Course for first year students <input type="checkbox"/> Investigate and selectively join 1-2 campus clubs or organizations <input type="checkbox"/> Pursue a summer job or volunteer opportunity related to your interests 	<ul style="list-style-type: none"> <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
<p>Explore Majors and Careers</p> <ul style="list-style-type: none"> <input type="checkbox"/> Talk to your Advisors, Faculty, Career Counselors, or mentors about majors, study abroad & careers <input type="checkbox"/> Explore majors, courses and requirements <input type="checkbox"/> Explore career options by major <ul style="list-style-type: none"> • Explore web resources at www.luther.edu/career/explore/majors/ <input type="checkbox"/> Make a tentative decision on your major <input type="checkbox"/> Conduct an informational interview with someone in your field of interest 	<ul style="list-style-type: none"> <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
<p>Prepare for the World of Work</p> <ul style="list-style-type: none"> <input type="checkbox"/> Draft a college resume <input type="checkbox"/> Schedule an appointment with the Career Center to have your resume reviewed by calling 563.387.1025. 	<ul style="list-style-type: none"> <input type="checkbox"/> _____ <input type="checkbox"/> _____