# First Year: A Year of Self-Discovery

## Career Planning Guide Checklist

### Discover Your Interests, Skills, Talents 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
  - Complete an interest inventory (e.g. Strong Interest Inventory, MBTI, StrengthsFinder)
- [ ] Complete the required Lifetime Health & Wellness 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
  - Explore web resources at [www.luther.edu/career/explore/majors/](http://www.luther.edu/career/explore/majors/)
- [ ] Make a tentative decision on your major
- [ ] Conduct an informational interview with someone in your field of interest

### Prepare for the World of Work
- [ ] Draft a college resume
- [ ] Schedule an appointment with the Career Center to have your resume reviewed by calling 563.387.1025.