

CAREER DEVELOPMENT PLANNING

Career development is not linear, and everyone's journey is different. The questions below can help you identify where you are in the process, and determine which action steps will help you move forward this semester. As an added bonus, those indicated with a ✓ might fulfill a Compass, Passport, or Connect requirement. See our website (www.sandiego.edu/careers) for the resources and events listed below.

KNOW YOURSELF

What are my interests, talents, and skills?
What major should I choose and what can I do with it?
How do I pick a career that fits my priorities and values?
How do I highlight my experience on a resume?

People

- Meet with a career counselor to learn how the Career Development Center can help you.
- Talk to LLC faculty and upper division students about majors, study abroad and careers.

Events

- ✓ Attend the Majors & Minors Fair in November to talk to faculty and upper-division students about majors and minors.

Resources

- Complete the Majors & Minors Game card sort.
- Research potential majors and occupations using the Occupational Outlook Handbook and What Can I Do With This Major? on the CDev website.
- Take a career assessment like TypeFocus or CliftonStrengths to gain a better understanding of your interests, strengths, and personality type.
- Review course requirements for different majors in the online Undergraduate Course Catalog.

Experience

- Try a variety of courses to determine what areas interest you and spark your enthusiasm.
- Get involved in clubs and organizations on campus. Meet with a Peer SAI Consultant to learn more. www.sandiego.edu/student-leadership

Job and Internship Preparation

- Build a resume and have it reviewed; look at samples in our Torero Career Guide.
- Log into Handshake, create your profile, and search for summer jobs and internships.

EXPLORE CAREERS

I like several career options; how do I choose?
How do I find salary and job outlook information?
How do I get experience?
Do I need to go to graduate school?

People

- Conduct informational interviews with professionals in a field of interest.
- Explore academic research opportunities with faculty members and the Office of Undergraduate Research.
- Explore graduate school options by researching programs online and talking with the pre-health or pre-law advisor, or faculty.

Events

- ✓ Attend CDev workshops and panels.
- ✓ Attend a career or graduate school fair.
- Attend Creative Collaborations Undergraduate Research Conference in the spring to see student research projects.

Resources

- Search O*NET Online and USD's Student Outcome data for job outlooks and salaries.
- Watch the informational interviews on Road Trip Nation.

Experience

- Gain leadership and teamwork skills through further involvement in student organizations.
- ✓ Volunteer through the Mulvaney Center or University Ministry.

Job and Internship Preparation

- Create or update your LinkedIn, T.E.A.M., and Handshake profiles.
- Search for part-time jobs or summer internships in your field on Handshake.

TAKE ACTION

What is the best way to find an internship or job?
How do I break into this field?
How do I learn to network and make contacts?
How can I stand out in interviews?

People

- Use T.E.A.M. to connect with alumni and get career advice.

Events

- ✓ Attend a Torero Trek to visit employers on site.
- ✓ Develop interviewing skills at a workshop or through a mock interview.
- ✓ Attend alumni panels, employer information sessions, or other networking events.
- ✓ Attend a career or graduate school fair.
- Join a professional association in your career field and attend events or conferences.

Resources

- Practice interviewing using InterviewStream, our online video mock interviewing platform.
- Apply for internship funding through the Career Development Center.
- Visit our Pinterest page as you prepare your professional outfit to wear to networking events and interviews.

Experience

- ✓ Complete an internship or research.
- Participate in on-campus interviews.

Job and Internship Preparation

- Update and tailor your resume, cover letters and graduate school essays.
- Practice your 30-second "elevator pitch."
- Search for internships and jobs on Handshake and Career Shift.
- Apply to service programs or graduate school.