SOPHOMORE CHECKLIST

Declare a major and explore related academic opportunities, such as required courses, electives and professional clubs.

**Advice**
- Choose and declare a major and plan your curriculum with the assistance of an academic advisor.
- Identify a major advisor and visit that advisor each semester.
- Share this checklist with your academic advisor.

**Exploration**
- Explore the academic and practical requirements for entering the profession of your choice.
- Use the Career Center’s Web site, resource area or Internet resources to research career fields and occupations.
- Explore professional clubs, organizations and activities that will enhance your career.
- Investigate non-credit internships through the Career Center or check with your academic department.
- Explore volunteer/community service activities.

**Action**
- Meet with a career counselor to discuss your skills, values and interests; relate these to your choice of major and career plans.
- Establish relationships with faculty members, administrators and career counselors.
- Develop a career plan.
- Attend career information seminars and employer presentations.
- Write a resume and discuss it with a career counselor or advisor.
- Obtain a summer job or internship related to your interests.
- Become involved in student organizations, volunteer work and/or part-time employment to develop new skills and interests.
- Join an on-campus, pre-professional organization.
- Attend general campus events outside of your own organizations and develop networking skills.