Following are recommendations, resources, and a Fall checklist to support faculty/academic advisors in integrating career conversations and resources into academic advising appointments.

Check out the Block Career Center website https://careers.nutrition.tufts.edu/ where you will find a robust platform of resources and information to support students along every step of their professional journey.

Meet the Block Career Center staff.

Recommendations when advising students:

- **ASK** students about their career goals. Review the following “Student Checklist” with advisees.

- Encourage **EXPLORATION**, including informational interviewing and networking in their areas of interest.

- **INFORM** students of professional associations and organizations that would be helpful to follow.

- Encourage students to take advantage of **RESOURCES** on the Block Career Center website, including information about career paths, job market data, workshops, job & internship postings, among many other things.

- In addition to subject matter expertise, help students to pull out the TRANSFERABLE OR PROFESSIONAL COMPETENCIES they may be gaining from your courses. Encourage students to make note of these and be prepared to talk about these when networking or interviewing.

- Help students **SET GOALS & PLAN STRATEGICALLY** for how they can use their time at Friedman to fill any gaps in their skills, knowledge, or experience.

Resources – quick links:

- [Internship Details](#)
- [Labor Market Data](#)
- "Career Directions" — Review the professional areas associated with your Academic Program. Please email Beth.Jameson@tufts.edu with any feedback, additions or edits you would like made so we can make this as relevant and useful to your students as possible.
Fall 2021 Student Checklist:

- **Attend 4 workshops the semester (min)** – Utilize the “Roadmap” to keep track of how many and what events you attend. View [Fall Career Events](#) on the BCC website and join the challenge to earn fun prizes.

- **Complete a Self-Assessment** – Consider your unique personality, best skills, interests, aptitudes, and life goals. We recommend attending the following workshops: [Career Development 101: Identifying Your Unique Skills & Interests](#) on September 30 or [Leveraging MBTI Personality Assessment to Gain Career Clarity](#) on September 28.

- **Schedule a 1:1 appointment** with the Career Center – Appointments can be made on [Handshake](#).

- Get involved with **student organizations**, professional associations, build relationships with faculty and others working in your areas of interest.

- **Begin identifying the types of roles, industries and sectors** that interest you most.
  - Explore options on the BCC website: [Exploring What You Can Do with Your Friedman Degree](#).
  - Research/create list of roles, industries, and sectors.
  - Utilized LinkedIn “Job Save” function to keep an internal list of jobs of interest.

- **Schedule at least 2 networking conversations** with people doing work you find fascinating. Each of the Career Directions on the Block Career Center website includes featured alumni who have volunteered to speak with students and share advice in brief conversations.

- **Create a resume** that is customized for your area(s) of interest.
  - Schedule and complete a resume review with the career center.

- **Create a LinkedIn profile** that highlights your chosen professional interests and goals.
  - Utilize built-in LinkedIn prompts and recommendations to improve your profile.
  - Attend LinkedIn workshops.
  - Have a peer review your LinkedIn profile.
  - Check out the [LinkedIn Masterclass – Video Training Course](#)

- **Begin your summer internship or research experience** search.
  - Explore the Internship information on the Block Career Center website.
  - Identify and apply for 3 internships/directed studies of interest.