Activities at this stage

- Explore experiential education options.
- Build a plan to try out options.
- Search for activities such as community service, clubs, and organizations.
- Create or update a resume.

This stage begins after students have narrowed down their list of possibilities to one or two ideas. It is important that students understand they are not making any final decisions. They are just deciding on which major or career they want to try out, first. The next step is to come up with ideas on how they can try something out and then build a plan for their next steps.

For students that wish to try out a major they can plan to take a class or two the upcoming semester to see if it is interesting. You should recommend that they speak with their academic advisors about majors being considered and how to best explore different options. Some majors are restricted and have specific prerequisites. They can work with their academic advisor to see how those courses fit into their schedule. They should also begin to look at possible career options so that they can start taking advantage of experiential education activities.

For students who have chosen a major and are now exploring career options, they can plan to test out a career. To do this, they will want to explore all the possible experiential education opportunities. This can include community service, study abroad, undergraduate research, peer education, and internships. While many first-year students immediately think of internships, they will most likely need to build some academic experience before they are eligible for one. At this stage it is important to plan for an
internship in their sophomore or junior year and start exploring other options for their spring semester and the summer.

The University hosts several events throughout the semester to help students find experiential education opportunities. These include:

- The XEd for All fair. This event provides information on all the different types of experiential education opportunities that are available.
- The Community Service fair, hosted by the Community and Public Service office. This service fair features many nonprofit organizations looking for volunteers.
- The Education Abroad fair. These fair features all our Education abroad programs and is a good place to get questions answered about how to study abroad.
- The industry-based career fairs, hosted by The Office of Career and Professional Development each semester. Students are encouraged to attend career fairs even when they are not specifically looking for an internship. Becoming familiar with the fairs during their 1st year can reduce the anxiety of attending when they are finally ready to find an internship. Dates for all these events can be found on the CPD website.

Even though students may not be ready to apply for Internships, you can use this time to help them understand the process. This includes creating or updating their resumes and becoming familiar with Handshake. They can use Handshake to find on campus jobs, internships, and some volunteer opportunities. If they have not created a profile in Handshake yet, that is a good place to start. If they have a profile, the next step is to search for opportunities. There are plenty of resources on our website to help with resume creation. Check out the exercises and assignments below.

Finally, regardless of whether they want to try out a major or a career, every student should explore relevant clubs and organizations using MyInvolvement. This step will help them meet people with similar interests and build career-related skills.

Class activities

- Have students pair up to talk about:
  - What types of experiential education experiences do they wish to try?
  - How will those experiences help them try out potential careers?
  - What are their next steps?
- Follow up with the Experiential Education plan assignment.
- Invite upper-class students to come to class and talk about their experiential education experiences and what they learned from them.
- Break students into small teams- each team will research and present on one of the Experiential Education offices (CPD, Minerva Center, Education Abroad, CPSP)

Resources

**Experiential Education**

- UAlbany Education Abroad Office [https://abroad.albany.edu/](https://abroad.albany.edu/)
- Community and Public Service Program [https://www.albany.edu/community-public-service-program](https://www.albany.edu/community-public-service-program)
- Minerva Center for High Impact Learning [https://www.albany.edu/minerva-center](https://www.albany.edu/minerva-center)
- Career and Professional Development internship page [https://career.albany.edu/channels/search-for-a-job-internship/](https://career.albany.edu/channels/search-for-a-job-internship/)
• Handshake [https://career.albany.edu/resources/handshake/](https://career.albany.edu/resources/handshake/)
• Careershift [https://career.albany.edu/resources/careershift/](https://career.albany.edu/resources/careershift/)
• MyInvolvement for clubs and student groups on campus- [https://myinvolvement.org/](https://myinvolvement.org/)

Resume resources

• [Resume writing web page](https://career.albany.edu/resources/resume)
• *Freshman resume example (TBD)*
• *Freshman resume tips (TBD)*
• Resume outline example [https://career.albany.edu/resources/resume-outline-example/](https://career.albany.edu/resources/resume-outline-example/)
• Action Verbs [https://career.albany.edu/resources/action-verbs/](https://career.albany.edu/resources/action-verbs/)
• Resume formatting [https://career.albany.edu/resources/resume-cv-formatting/](https://career.albany.edu/resources/resume-cv-formatting/)

Assignments

• Career Fair assignments [https://career.albany.edu/resources/career-fair-class-assignment/](https://career.albany.edu/resources/career-fair-class-assignment/)
• Resume assignment [https://career.albany.edu/resources/resume-and-cover-letter-review-assignment/](https://career.albany.edu/resources/resume-and-cover-letter-review-assignment/)
• Handshake profile assignment [https://career.albany.edu/handshake-challenge/](https://career.albany.edu/handshake-challenge/)
• *LinkedIn profile assignment (TBD)*
• *Build an experiential education plan (TBD)*