

GET CAREER READY!

FIRST YEAR STUDENTS

CAREER & MAJOR EXPLORATION

Start!

Take **Focus 2** to search for occupations and majors. Then **talk with a Career Specialist** about the results.

Explore MU majors, minors and certificates by visiting **Majors@Mizzou**.

Arrange an **informational interview** to learn about the real-life experience of a professional.

Watch **Candid Career videos** to get honest advice about hundreds of occupations.

INVOLVEMENT

Participate in res hall programs, intramurals and **campus activities**.

Meet with an **Involvement Ambassador** about getting involved on campus.

Create a profile on **Handshake** and apply for part-time jobs and internships.

Wellness Tip:

Visit the **Learning Center** which provides free academic help through Tiger Tutors and academic coaching.

Take a 1-credit hour Career Explorations course if you are undecided or unsure what to do with your major.

Attend **academic lectures and events**.

Volunteer and consider enrolling in a **service learning course**.

Seek out **research opportunities** with faculty members.

Look into short and long-term **study abroad** programs.

Wellness Tip:

Attend a **Student Health & Well-Being** program to stay balanced.

CAREER READINESS

Create a resume highlighting your strengths, achievements and college involvement.

Take **CliftonStrengths** to learn about your natural talents and **talk with a Career Specialist** about how to leverage them.

Participate in **professional development workshops** hosted by career services.

Learn about **networking** and create a **LinkedIn profile**.

Build your interview skills by watching videos on **Big Interview**.

Become familiar with the employer definition of **career readiness**.

Seek out mentors through connections with upperclassmen, instructors and advisors.

Wellness Tip:
Seek out the **Counseling Center** for counseling or 24/7 crisis services.

The Career Center is ready to assist you with all your career needs! We offer appointments and drop-in consultations from 9:00 a.m. – 4:00 p.m. each weekday.

 **Career Center**
University of Missouri