

# YOUR CAREER JOURNEY

# SOPHOMORE YEAR



## Confirm Your Major

- Confirm or begin the process of declaring your major
- Meet with your academic advisor to determine your major requirements, including potential for-credit internship and research courses
- If you are still undeclared, join the [Discover U](#) program and apply to the [Job Shadow Program](#) to learn about different careers and industries!
- Join one or several of our career communities and gain insight into industry-specific content, upcoming events, and featured internships

## Connect with Your Career Coach

- Update your resume and [LinkedIn](#) profile
- Make sure your [Handshake](#) profile reflects your career interests to ensure that you are receiving the most relevant information related to your interests
- Learn the basics of cover letter writing, interview skills, and self-marketing strategies through workshops and events offered by the [Career Center](#)
- Identify effective approaches for finding internships. Discuss the on-campus interviewing program and find out if employers you're interested in are coming to campus



## Collect Information & Start Experiential Learning

- Attend Career-sponsored events held throughout the year, including the Annual Career & Internship Fair, industry-specific discussions and opportunities to network with alumni
- Have conversations and conduct informational interviews with professors, advisors, upper classmen, alumni, and industry professionals that are knowledgeable in your areas of interest
- Job shadow someone who works in your industry of interest
- Research and apply for summer internships, jobs, research, or volunteer opportunities



## Stay Involved

- Stay active in [SHU clubs, organizations](#) and [volunteer opportunities](#) that interest you. Consider applying for leadership positions!
- Research [study abroad opportunities](#) for junior year (or intersessions). Studying abroad can give you a new perspective and skills

