



## **CAREER & LIFE DESIGN:** *A Roadmap for the Journey*

### First year: **DISCOVERY**



The first year of college is an exciting time: a new school, network of friends and experiences. It's the beginning of a new journey!

### Second year: **EXPLORATION**



A full year of college is complete! You are one step closer to selecting a major. Prepare to choose your academic courses with purpose.

### Third year: **EXPERIENCE**



Building your network, gaining experience and developing core skills are key aspects of this academic year.

### Graduation year: **TRANSITION**



Graduation is just around the corner. There is still time to gain experience, network with employers, perfect your résumé and practice your interviewing skills.

## First Year: **DISCOVERY**

Get ready for your journey to begin.

- Explore and expand your interests through coursework, extracurriculars, campus activities and meeting new people.
- Assess your interests, skills and values with help from Focus 2 and a career counselor.
- Transition your résumé from high school or create your first professional draft.
- Consider taking this one-credit elective career course: SJC 150: Self-Exploration and Career Search 1.

## Second Year: **EXPLORATION**

Choose academic courses with purpose and select a major with confidence.

- Discuss internships with a career counselor and learn about options for academic credit with your faculty adviser.
- Conduct “career conversations,” or informational interviews, with professionals in your interest areas to explore a wide range of industries and career options.
- Explore micro internships, gaining professional experience and marketable skills through participation in short-term, paid projects.
- Consider taking this one-credit elective career course: SJC 275: Preparing for the Internship Experience.

## Third Year: **EXPERIENCE**

Get career ready. Build your network and gain experience to develop core skills.

- Plan for what you'll do after graduation, whether you'll be embarking on a job search or going to graduate school.
- If you did not have an internship or other professional experience yet, do so this year.
- Take advantage of study abroad, faculty led programs, research, and continue to attend career fairs, networking events and employer hosted sessions.
- Research and join professional organizations in your field of interest.
- Consider taking this one-credit elective career course, SJC 250: Decision Making and Career Planning, as you prepare for life post graduation.

## Graduation Year: **TRANSITION**

Graduation is just around the corner.

- Gain professional experience, network with employers, polish your résumé, hone your interview skills and update your LinkedIn profile.
- Meet with a career counselor often during your final year to plan your next steps.
- Create narratives that help you demonstrate core skills. (NACE Career Readiness Competencies)  
*Download the NACE PDF [here](#).*
- Create an account on SJCNYconnect, hosted by the Office of Alumni Engagement, to expand your network with SJC alumni.

## IMPORTANT CAREER RESOURCES

