

MAJOR & CAREER PLANNING



Deciding on a major and career is a process, and it takes time! Use the career planning tools below to set your goals and actively plan for your career.

TAKE A CAREER SELF-ASSESSMENT

- ❑ **My Plan.** Utilize this online career planning site to explore your interests, skills, values, and personality to help you select a major, plan ahead for your career, or explore additional career options. Plan to spend 30 minutes for taking the assessment. (free)

EXPLORE & LEARN ABOUT YOURSELF

- ❑ **Interests, strengths, and skills.** Think about fields of interest, things you enjoy, what you are good at, and skills you've learned.
- ❑ **Work-Related Values.** Discover and identify your values that are important and give you a sense of purpose. Values play a key role in career satisfaction and a sense of happiness and fulfillment.
- ❑ **Talk With Someone.** CDO career counselors, faculty, academic advisors, and professionals in Industries of interest can be a great resource for you.

GATHER INFORMATION

- ❑ **Fredonia Website.** Examine majors available at Fredonia making a list of your options and eliminating those that do not interest you.
- ❑ **Academic Departments.** Talk with current students in those majors, and faculty of those departments.
- ❑ **What Can I Do With This Major?** View a list of job areas students enter with majors, typical employers, and strategies designed to maximize career opportunities.
- ❑ **Candid Career.** Explore careers by viewing informational interview videos from professionals in a wide variety of careers.
- ❑ **Research Occupational Information.** Use the Occupational Outlook Handbook, O*Net, and LinkedIn.

GAIN EXPERIENCE

- ❑ **Academic & Course Activities.** Take courses in areas of interest (consult academic advisor), participate in undergraduate research, service learning, and study abroad.
- ❑ **Employment Activities.** Seek a career related work-study job on campus or part-time job. Obtain an internship (even if it's not required) either during the semester and/or summer.
- ❑ **Extracurricular Activities.** Many opportunities at Fredonia to get involved with clubs, organizations, and volunteer efforts.

PRO TIP:

Work with a CDO Counselor for help along the way!



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FOUR-YEAR CAREER SUCCESS PLAN



First year

- Participate in all aspects of Fredonia (academic, social, cultural) and get to know faculty, staff and administration.
- Create your FREDNetwork profile to stay informed about CDO services and events.
- Pursue interests and skills by participating in clubs, teams, performances and other campus or community activities.

Sophomore Year

- Talk with a CDO counselor for help in identifying your interests/skills/values, choosing your major and planning your career.
- Create your professional resume and post to FredNetwork.
- Attend CDO Network on the Go (fall), Job & Internship Expo (spring), and Employer Showcase programs (all year).
- Develop LinkedIn profile and begin to develop your network of contacts.

Junior Year

- Continue to gain professional experience through internships, research, projects, part-time jobs and volunteer opportunities. Show knowledge and skills by completing certifications and badges.
- Enroll in major, electives and minor related courses to enhance qualifications.
- If considering graduate school, explore requirements and deadlines. Participate in the Graduate School Fair and presentations (fall).
- Attend CDO Network on the Go (fall), Job & Internship Expo (spring), and Employer Showcase programs (all year).
- Develop your network of connections through campus involvement, relevant experiences, social networking sites, and professionally focused events.

Senior Year

- Start your job search early. Update your resume and be ready to write cover letters targeted to specific organizations and positions.
- Participate in a practice interview with a CDO counselor.
- Attend CDO Network on the Go (fall), Job & Internship Expo (spring), Employer Showcase programs (all year) and WNY Career & Internship Fair (spring).
- Develop your network of connections through campus involvement, relevant experiences, social networking sites, and professionally focused events.
- Create your FREDNetwork profile and meet with employers to learn more about company culture and open roles.