Tips for First Years: The Transition

What is Career Services?
Career Services and the Career Resource Center, located on both campuses, are here to help you plan your academic and career goals. They offer a wide range of services to learn more about your interests, explore majors and careers, gain experience, and plan for after graduation. You can visit either campus to meet with a trained student career assistant on a walk-in basis, or you can make an appointment with a career counselor.

What can Career Services do for me as a first year?
Career Services can help you start to explore your interests and possible majors or careers.

Start taking steps to reach your future goals by:
- Meeting with a career counselor to explore majors and careers
- Taking a free interest or personality assessment
- Attending career panels, like “What Can I Do With A Major In Psychology?” or “Careers in Sports and Fitness”
- Checking your email for upcoming events you might be interested in
- Visiting the Career Resource Center on either campus — CSB Academic Service Building or SJU Mary Hall 25

I want to focus on school now. Why should I think about my career already?
Four years go by faster than you would think. You only have four years to explore your interests, build skills, and most importantly, gain experience. Most seniors who stop by Career Services for the first time often say they wish they would have started sooner. Senior year is full of graduation requirements, and applying to jobs, graduate school, or volunteer opportunities — the last thing you want to do is begin career exploration or put together a resume for the first time.

Start today. Get involved with things that interest you and start gaining skills that will prepare you to be successful in whatever you choose to do after college.

Stop in at Career Services and start exploring your options!