

Time Is Of The Essence

by the Office Of Career Services

Waiting until the last minute to begin planning your career will likely have dire consequences. Going to and performing well in your classes alone will not guarantee you employment upon graduation, nor ensure that you have the skills needed to be successful in your desired career.

Furthermore, with the job market still weakened by a recovering economy, time is of the essence. In this 2-part series, the Office of Career Services will help you create a career plan that will ensure your preparation, as well as build and develop those skills needed to reach your overall career goals.

The Freshman Year:
Exploring, Self-Assessment & Career Planning Activities

- Begin to identify interests, abilities, skills and personal/work values
- Seek career advising to discuss choosing a major and/or identifying career options
- Explore a wide variety of majors.
- Develop and practice good study habits, organizational and functional skills.
- Investigate and join campus organizations that might interest you. This is a good way to develop leadership, organizational, and planning skills.
- Participate in campus activities - get involved in what's happening on campus.
- Seek summer, part-time, and volunteer jobs to explore careers and gain valuable experience.
- Answer the following four key questions:

What do I want to do when I

graduate?

What can I do with the degree that I am seeking?

What do I need to do to develop myself further?

How can I ensure that I start the career I am seeking after graduation?

- Read the newspaper and watch the news often. Keep up with current events.
- Attend all activities sponsored by the Office of Career Services.

The Sophomore Year:
Deciding, Career Exploration & Investigation Activities

- Continue exploring your academic interests through a variety of courses.
- Learn about career options in the various majors by talking with professionals in

those areas.

• "Shadow" - spend a day on the job with a person in a career that interests you.

• Talk to family, friends, peers, counselors, professors, etc. about your career choices.

• Meet with your academic advisor to discuss requirements and procedures for declaring a major in your chosen field, and confirm your choice of an academic major.

• Investigate and join campus organizations that might interest you.

• Investigate and seek internships, co-ops, part-time work, summer jobs, and volunteer programs to gain valuable experience.

• Investigate international programs and study abroad programs.

• Read the newspaper and watch the news often. Keep up with current events.

• Create your resume

and have it critiqued by your career counselor, Ms. Devin Sturdavant (672-1100).

• Attend all activities sponsored by the Office of Career Services.

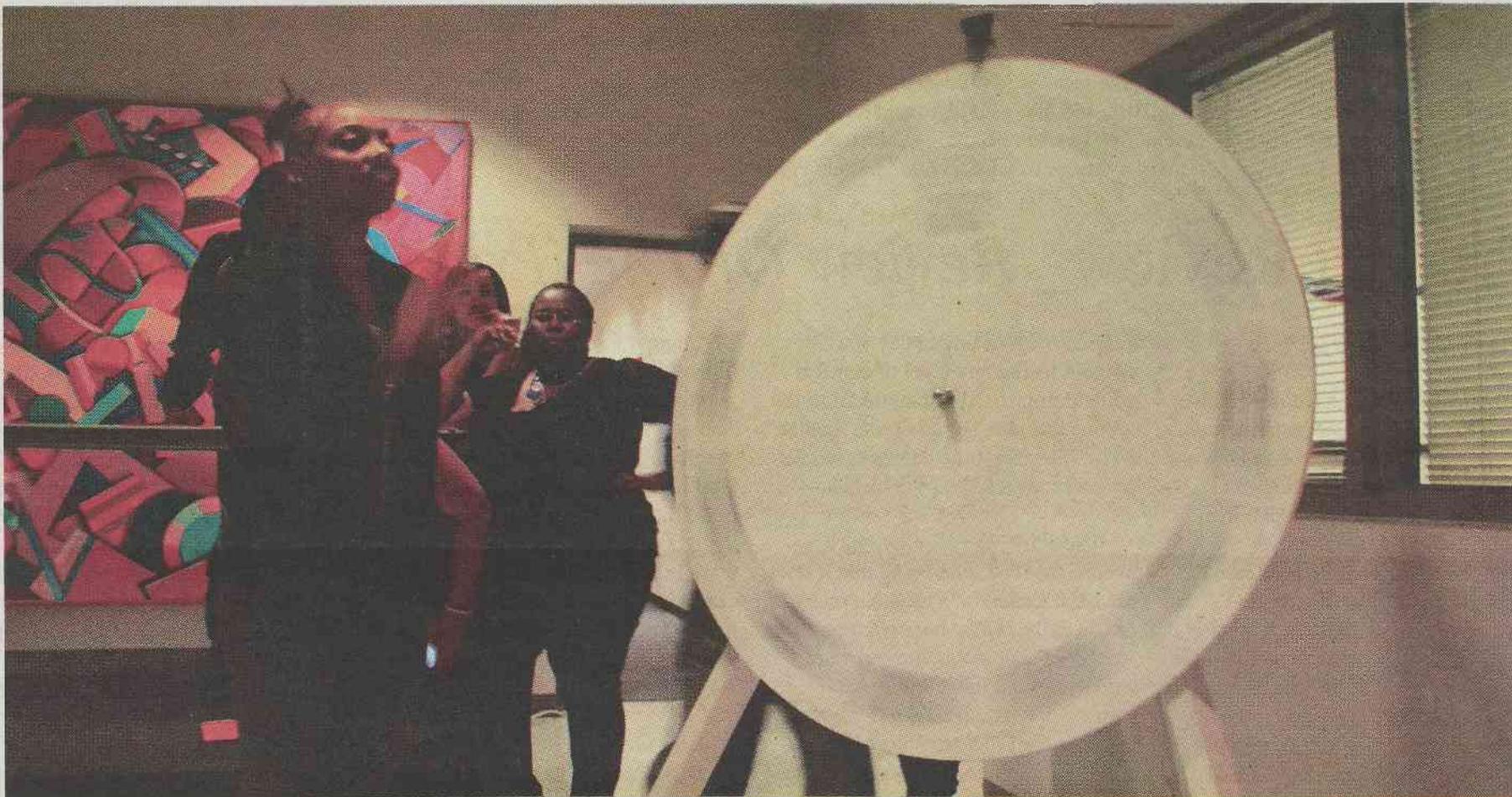
In the next issue we will address the junior and senior years.

The Office of Career Services would like to remind you of an upcoming career-related event:

Feb. 25, CIAA Career Expo in Charlotte (Registration required; Office of Career Services, SBE Suite 230)

For more information, contact the Office of Career Services at 672-1098.

THE PRICE IS RIGHT!!



FSU students participate in "The Price is Right" recently in the Rudolph Jones Student Center.