Freshman
Investigate

1ST YR
4 yr plan

explore

Interests
What do you like?

Skills
What are you good at?

Values
What is important to you?

Goals
What is your education for?

research

Occupational Outlook Handbook
www.bls.gov/ooh

"O*Net Online"
www.onetonline.org

Informational Interviews
Interview people in your field(s) of interest.

Job Shadow
Ask a professional to observe them for a day.

Take CRSV 210: Career Exploration
Designed for Freshmen to help you explore majors and careers.

Meet with Your Academic Advisor Every Quarter
Ensure you take the right GECR’s and University Requirements.

sophomore
experience

2ND YR
4 yr plan

UNDECLARED?

You MUST officially declare a major by the end of this year.

Meet with a career advisor to help you find the right major.

UNDECIDED?

Questioning your major?

Meet with a career advisor to explore possible careers and majors that fit your interests and goals.

assess

Reexamine Options
Have they changed? Why?

Review Your Transcript
What do you still need?

Decide on a Major
Review programs.

Update Your Resume
Have us review it.

DISCOVER

Internships
Get experience before you graduate.

Volunteering
Visit the Office of Community Engagement.

Study Abroad
Expand your horizons.

Clubs & Organizations
Get involved with campus activities.

Learn

Take PSYC 295: Career Exploration Internship
Gives Sophomores insight and experience into a professional environment.

Consult Faculty on Career Opportunities in Your Major
Faculty have professional connections and are excellent resources.

ewu career services

careers@ewu.edu | 509.359.6365
**Junior**

**Prepare**

**intern**
- Find Openings
  - EagleAXIS, Internship.com
- Build Your Network
  - Create a LinkedIn profile.
- Tailor Your Resume
  - We’ll show you how.
- Prepare for Interviews
  - Have a mock interview.

**plan**
- Target activities that meet your goals.
  - Internships, research, extracurriculars.
- Connect with professionals.
  - Join professional associations.
- Decide on Graduate School.
  - Research programs and schools.
- Attend pre-graduation workshops.
  - GRE, LSAT, MCAT, budget & career planning.

**learn**
- Seek Research Opportunities.
  - Current research looks great on resumes, vitae, and grad school applications.
- Stay Current with Industry Trends.
  - Trade publications and journals in your field will help you with career planning.

**Senior**

**Implement**

**search**
- Find Openings
  - Job websites, Networks
- Build Your Network
  - Attend career events.
- Update Your Resume
  - Have us review it.
- Prepare for Interviews
  - Have a mock interview.

**consider**
- Location
  - Urban? Rural? Sedentary? Traveling?
- Salary & Benefits
  - Acceptable range? What kind of benefits?
- Environment
  - Office? Outside? On a team? Alone?
- Schedule
  - Do you need flexible hours?

**engage**
- Build Leadership Skills
  - Seek opportunities where you can coach, train, mentor, or supervise others
- Participate in Professional Development
  - Go to Career Services workshops. Join EWU Young Professionals Network.

**ewu career services**

careers@ewu.edu | 509.359.6365

**3rd yr**

**4 yr plan**

**NETWORK!**
It’s the #1 way to find a job.
Employers are more likely to hire from a personal reference than any other method.

**Senior**

**Implement**

**Search**

**Consider**

**Search When?**

Do not wait until you graduate. The average time between graduation and career is 6 months.

Begin your search Fall quarter.