

# Career Development Plan

## Freshman Year - Explore & Connect

### Explore

- ➔ Take **career assessments** to learn about how your interests, personality, and values connect to careers at <http://tinyurl.com/uhdfocus2career>. Register using access code: UHD Gators
- ➔ Explore career readiness competencies
- ➔ Use the Career Development link [Explore Careers & Majors](#) to learn about the relationship between majors and careers
- ➔ Review your [Departmental Website](#) to discover degree options and expert faculty

### Connect with the Career Development Center (CDC)

- ➔ We want to get to know you as you plan your next 4 years at UHD!
- ➔ Set up an **appointment** with a Career Coach to discuss your major, on or off campus activities, & investigate career options (713-221-8980; [uhdcareer@uhd.edu](mailto:uhdcareer@uhd.edu), Main Building South 402)
- ➔ Attend 1 **CDC Event!** See the GatorSync calendar for more information, go to our Facebook or LinkedIn, call 713-221-8980, or stop by our office, One Main Building, South 402

- ➔ All incoming freshmen are provided with a profile, and once you complete it you can search for opportunities and events. Activate your account on **Jobs4Gators**.

### GatorSync

- ➔ **Join a club or organization** related to your career interest or passion. Login to [GatorSync!](#)

### Network

- ➔ Develop your **UHD NETWORK** to learn, grow, and get support! Reach out to your UHD community! Faculty and staff, mentor and tutor groups, UHD student organizations, and classmates!

## Freshman Year Checklist

### Stay on Track

- Focus 2 Career Assessment Results**  
<http://tinyurl.com/uhdfocus2career>  
**My Career Plan Readiness:** \_\_\_\_\_  
**My Academic Strengths:** \_\_\_\_\_  
**Personality:** \_\_\_\_\_  
Values: \_\_\_\_\_ Work Interest: \_\_\_\_\_  
Skills: \_\_\_\_\_ Leisure: \_\_\_\_\_
- Identify majors with their related career paths:**  

Majors	Careers
1) _____	_____
2) _____	_____
3) _____	_____
- CDC Appointment Date:** \_\_\_\_\_ **Time:** \_\_\_\_\_  
**Appointment Topic:** \_\_\_\_\_  
**Notes:** \_\_\_\_\_  
\_\_\_\_\_
- Event Name:** \_\_\_\_\_  
**Date:** \_\_\_\_\_ **Time:** \_\_\_\_\_  
What did you learn from this event & how you will use it to reach your career goal: \_\_\_\_\_  
\_\_\_\_\_
- Activate your account on **Jobs4Gators** [www.uhd.edu/jobs4gators](http://www.uhd.edu/jobs4gators).  
- Username: same as UHD log-in ID  
- Password: last 4 digits of your 900#
- Login to **GatorSync** at [www.uhd.edu/gatorsync](http://www.uhd.edu/gatorsync) with your UHD username and password. List 2 organizations you will explore.  
1) \_\_\_\_\_  
2) \_\_\_\_\_  

Choose 1 to join!
- List one "go-to" person and communicate with them!  
Ask for advice, start a study group, maybe volunteer with them  
**Name:** \_\_\_\_\_  
**Organization/Dept/Class:** \_\_\_\_\_  
**Phone #:** \_\_\_\_\_  
**Email:** \_\_\_\_\_  
List the resources they offer: \_\_\_\_\_

## RESOURCES

<u>RECOMMENDATIONS</u>	<u>POSSIBLE RESOURCES</u>
<p>Get help in selecting an academic program</p> <p>Discuss the qualifications for occupations</p> <p>Discuss job market for college graduates</p> <p>Get help selecting an occupation</p> <p>Discuss advantages/disadvantages of occupations</p>	<p>Academic Advising (N320)</p> <p>Gator Success Center (N310)</p> <p>Davies COB Career Center (B104)</p> <p>Main Career Development Center (S402)</p>
<p>Discuss attitude toward school</p> <p>Discuss an unwanted habit</p> <p>Discuss personal relationships &amp; social life</p> <p>Discuss family problems</p> <p>Discuss emotional tensions</p>	<p>Counseling Center (S445)</p> <p>Center for Equity, Diversity &amp; Inclusion (S370)</p> <p>Health Center (S445)</p> <p>Sport &amp; Fitness (SLC)</p> <p>Disability Services (GSB314)</p>
<p>Get help with exam skills</p> <p>Get help with study habits</p> <p>Get help with writing skills</p> <p>Get help with basic math skills</p> <p>Get tutoring in selected areas</p> <p>Get help with reading skills</p> <p>Get help with foreign language skills</p> <p>Get help with science skills</p> <p>Get help with statistics &amp; research</p>	<p>Supplemental Instruction (S405)</p> <p>Math &amp; Statistics Center (N925)</p> <p>Writing and Reading Center (N925)</p> <p>Mentoring (N310)</p> <p>Success Strategies (N310)</p> <p>Library / Library study rooms (N400)</p> <p>Disability Services (GSB314)</p> <p>Foreign Language Lab (N950)</p> <p>Science Learning Center (N604)</p>
<p>Get help meeting new friends</p> <p>Get information about student activities</p> <p>Get advice from an experienced student</p> <p>Get information about clubs and social organizations</p>	<p>Student Activities (S204)</p> <p>Veteran's Services (GSB318)</p> <p>Sports &amp; Fitness (SLC)</p> <p>Study Abroad (S370C)</p> <p>Center for Diversity, Equity, &amp; Inclusion (S370)</p>
<p>Obtaining a loan</p> <p>Obtaining scholarships</p> <p>Get help finding a part-time job</p>	<p>Financial Aid &amp; Scholarships (S330)</p> <p>Davies COB Career Center (B104)</p> <p>Main Career Development Center (S402)</p>