

Sophomore Year - Engage & Reflect

Reflect

- ➔ Consider career pathways. To learn more, go to [Careers & Majors](#)

Engage

- ➔ Set up an **appointment** with your Career Coach to focus your career activities based on your major (713-221-8980; uhdcareer@uhd.edu, Main Building South 402)
- ➔ Visit the [CDC website](#) for **career activities** (informational interviews, volunteer, job shadowing, internships, part-time positions) based on your career interests
- ➔ Conduct **informational interviews** with those who work in your field of interest (e.g. faculty, academic advisors, alumni, business leaders and community members)
- ➔ 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

Gatorsync

- ➔ **Deepen your involvement in a club or organization** related to your career interest or passion
- ➔ Build skills future employers or graduate admissions committees find valuable - volunteer, plan an event, serve on a committee, engage with campus activities
- ➔ Login to **GatorSync** at www.uhd.edu/gatorsync to track your progress

Network

Continue to develop your **UHD NETWORK**. Create a LinkedIn profile and connect with us:
[UHD Main Career Development Center](#)

Resume

- ➔ Review the [CDC Resume Packet](#) under Application Preparations on the CDC website
- ➔ Strengthen your resume by adding career activities. See page 13 for a sample
- ➔ Upload to **Jobs4Gators**

Sophomore Year Checklist

Stay on Track

- CDC Appointment** Date: _____ Time: _____
Appointment Topic: _____
Notes: _____

- Investigate** career activities (informational interviews, volunteer, job shadowing, internships, part-time positions) based on your career interests:

Activity	Person/Organization
1) <u>Informational Interview</u>	_____
2) <u>Volunteering</u>	_____
3) _____	_____

- Event Name: _____
Date: _____ Time: _____
What did you learn from this event & how you will use it to reach your career goal? _____

- Deepen Organization Involvement:**
- | Activities | Skills |
|------------|--------|
| 1) _____ | _____ |
| 2) _____ | _____ |

- Browse** LinkedIn professionals in your field
Name: _____
Organization:/Company: _____
Notes: _____

- Link to CDC Resume Resources:**
www.uhd.edu/student-resources/career/Pages/career-resume.aspx

RESOURCES

<u>RECOMMENDATIONS</u>	<u>POSSIBLE RESOURCES</u>
<p>Discuss the qualifications for occupations Get help in selecting an academic program Discuss job market for college graduates Get help selecting an occupation Discuss advantages/disadvantages of occupations</p>	<p>Academic Advising (N320) Main Career Development Center (S402) Davies COB Career Center (B104) Gator Success Center (N310)</p>
<p>Discuss attitude toward school Discuss an unwanted habit Discuss personal relationships & social life Discuss family problems Discuss emotional tensions Discuss unhappy feelings</p>	<p>Counseling Center (S445) Center for Equity, Diversity & Inclusion (S370) Health Center (S445) Sport & Fitness (SLC) Disability Services (GSB314)</p>
<p>Get help with exam skills Get help with study habits Get help with writing skills Get help with basic math skills Get tutoring in selected areas Get help with reading skills</p>	<p>Supplemental Instruction (S405) Math & Statistics Center (N925) Writing and Reading Center (N925) Mentoring (N310) Success Strategies (N310) Library / Library study rooms (N400) Disability Services (GSB314) Foreign Language Lab (N950) Science Learning Center (N604) Social Sciences Statistics Lab (N1085)</p>
<p>Get help meeting new friends Get information about student activities Get advice from an experienced student Get information about clubs and social organizations</p>	<p>Student Activities (S204) Veteran's Services (GSB318) Sports & Fitness (SLC) Study Abroad (S370C) Center for Diversity, Equity, & Inclusion (S370)</p>
<p>Get help finding a part-time job Obtaining a loan Obtaining scholarships Finding a Summer Job</p>	<p>Main Career Development Center (S402) Davies COB Career Center (B104) Financial Aid & Scholarships (S330)</p>