

# Career Planning Checklist: **First Year Students**

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First Year Students

During your first year at Messiah, the Career Center, located in Eisenhower Campus Center, is a great place to begin exploring your giftedness and career options for your interests. Whatever you do, don't fall for the assumption that you have to have it all figured out when you come to college. Find out what majors and career fields might be a good fit for your interests, abilities, and values. Start exploring and gaining experience early, and visit us as often as necessary! Here are some ways we can support you:

- One-on-One Career Counseling Sessions**  
Our career counselors are available to help coach you through the career planning process. We encourage you to take advantage of this opportunity as much as possible!
- Assessment Inventories**  
We offer a variety of free assessment inventories to help you determine your interests, abilities, and personality preferences. Results from these inventories are interpreted by a career counselor and used to identify possible career fields to explore.
- “What can I do with a major in?” Sheets**  
These informational sheets will give you a broad overview of what you can do with a particular major. They're also available on our website at:  
[www.messiah.edu/offices/career/jobsearch/jobbymajor.html](http://www.messiah.edu/offices/career/jobsearch/jobbymajor.html)
- Information Interviews & Job Shadowing**  
As the saying goes, “Try it before you buy it.” Test out occupations and career fields of interest to you by connecting with someone currently working in that field. Don't have any contacts? Let us help you!
- Snapshots of Vocation**  
Wondering what Messiah alumni are doing since graduation? Catch a glimpse of the possibilities by checking out alumni profiles and video stories on our website:  
[www.messiah.edu/offices/career](http://www.messiah.edu/offices/career).
- Alumni Career Network**  
Get first-hand advice about a career field of interest by talking with a Messiah alumnus who is currently working in that field! For information on how to get connected, check out the Career Center website.
- Career Center Resource Library**  
Check out books to explore occupations and career fields related to specific majors.
- Career Center Website**  
For a complete overview of our services, upcoming events, career exploration resources, and more, browse through our website: [www.messiah.edu/offices/career](http://www.messiah.edu/offices/career).

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## Career Center for Vocation & Development

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