

Career Planning Checklist: **Sophomores**

Sophomore Year

During your second year at Messiah, the Career Center is a place to continue exploring your interests, possible majors, and career fields. Take time to gather information about interesting occupations or opportunities for gaining experience. Sort through the possibilities. Don't know where to start? Let us help you! Gathering information is an important step toward informed decision making for your future. Here are some ways we can support you:

- One-on-One Career Counseling Sessions**
Our career counselors are available to help you map out a plan and coach you through the career planning process. We encourage you to take advantage of this opportunity as much as possible!
- Assessment Inventories: Narrow down your choices**
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
- 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.
- 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.
- Events and Programs**
It's never too early to take advantage of career fairs and other career-related events. Check our website frequently for a listing of events, including dates and times.
- 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.

Career Center for Vocation & Development

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