Assess

Assess, articulate and develop your strengths, interests and values. Begin to explore options that are compatible with your strengths and interests.

Explore

Gather information on career areas of interests so that you can make informed decisions about your future. Intentionally involve yourself in activities that will allow you to explore and grow personally and professionally.

Experience

Enhance critical professional competencies in order to successfully connect your professional goals with real world opportunities. Take your experience to the next level by participating in meaningful opportunities that will differentiate you from the rest.

Transition

Synthesize your collective experiences from your academics and out-of-class involvement. Begin to articulate a plan and take action to translate your skills and experiences into meaningful post-graduate opportunities.
Assess

Who am I & where am I going?

Gain insight into your unique strengths, interests and skills, particularly as they relate to your major and various career options. Identify resources from the list below to begin building this important foundation to decision making.

What resources are available?

- **Self-assessment inventories** are available through the Career Center to help you begin narrowing down your interests, strengths, and values.
- Learn about the **five distinct majors** within the Health and Human Performance Department. If you’re unsure if your major is a good fit for your strengths, consult the **Choosing a Major** guide.
- Attend the Career Center’s fall Open House to learn about services and opportunities. You’re encouraged to schedule a “getting started” appointment with a career coach **within your first year on campus**.

How can I learn about my options?

- Check out the **career planning resources by major** on the Career Center’s website. This includes information on possible career paths and a look into what Messiah alumni have done with their majors.
- Get to know the **Occupational Outlook Handbook** and **O*NET** for specific information on career options.

How can I be proactive?

- Visit the Career Center early, check out their website and start constructing a **customized** career and professional development plan with the help of a career coach.
- **Begin building relationships with your advisor and faculty within** Health & Human Performance (HHP), beyond the classroom setting. Take advantage of office hours and department activities. Become familiar with the HHP department’s website.
- Create a first draft of your **resume**; what gaps do you need to fill? Use this as a guide to start constructing an **action plan** that includes relevant, sought-after experience by employers and graduate schools.
- Learn about the value of a liberal arts education as it relates to the workplace by checking out information on **transferable skills** you are learning. These skills are **very marketable to employers** and graduate schools, so be intentional about developing them.

Reflection Q’s

- How would I describe my skills, interests, and values?
- **Considering past and present experiences, what energizes me most? Be specific!**
- How are these aspects of myself shaping my decisions about a major and potential career path?
- What options for involvement outside the classroom might allow me to gain experience while further developing my transferable skill sets?

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Explore

Take your ideas for a test drive.

Gather information on career paths of interest so that you can make informed decisions about your future. **Intentionally** choose activities that will allow you to explore and grow personally and professionally.

**Where and how can I gather more info?**

- Meet with a **career coach** to discuss resources and opportunities that will help you further explore your graduate school and/or career-related interests. Brainstorm ideas for **complementing your classroom learning with relevant experience** to start filling the gaps in your **resume**.

- Learn more about career paths that relate to your interests in the following ways:
  - **Job shadow** a Messiah alum or personal contact to get an insider’s view into a career.
  - Conduct at least three **informational interviews** with professionals in your field of interest.
  - Do research on specific careers of interest through resources such as the **Occupational Outlook Handbook** and **O*NET**.
  - Attend the Career Center’s **Pizza with Professionals** events and other workshops.
  - Attend the annual **Career & Graduate School Expo** to gather information and talk with recruiters.
  - Invest time in **building relationships** with educators on campus with whom you share specific interests/passions. Consider seeking a mentor with whom to discuss your vocational path.

- Become familiar with FalconJobs, a centralized database of part-time and full-time employment opportunities. Log-in with your Messiah email and ID number.

**How should I get involved?**

- Explore options for **involvement** outside of the classroom through offices such as **Student Involvement & Leadership Programs**, the **Agapé Center for Service & Learning**, **Study Abroad**, **College Ministries**, **Residence Life**, **Multicultural Programs** and much more. Consider choosing one area to get involved.

- Seriously consider activities specifically related to HHP. Employers and grad schools value quality over quantity, so choose meaningful opportunities.

- Consider doing an internship through Messiah’s **Internship Center**. Data shows that employers highly value relevant experience, regardless of major!

- Establish a profile on **LinkedIn**. See what Messiah alumni are doing by joining the **Messiah College Professional Network**.

- Begin thinking of **how you will spend your summer**. What experiences, paid and/or volunteer, will help you build on your experience and continue to develop marketable skill sets in your field of interest?

- Practice articulating the **transferable skills** you are developing – this will be important when articulating your qualifications to future employers or graduate schools.

**Reflection Q’s**

- **What experiences might be valued to a prospective employer or grad school?**
- **How can I apply what I’m learning in the classroom through meaningful experience?**
- **Am I focusing on quality rather than quantity?**
Experience

How can I differentiate myself?
It’s time to take your experience to the next level! Increase your marketability and uniqueness through acquiring real world, relevant experience. This is also the time to develop and enhance your professional “brand.” In other words, what do YOU have to offer to a prospective employer or graduate school? If you’re not thinking of pursuing a career in a field traditionally related to your major, research the field(s) you’re considering. Think about how your academic background will prepare you for making unique contributions to your field of interest.

What constitutes “relevant experience?”

- Employers and graduate schools are looking for candidates with relevant experience, yet every professional field is unique. Do research and talk with professionals who share your interests to know what type of experience is valued in your targeted field.
- Determine and take action toward gaining experiences that will help you grow personally and professionally, such as – an internship, leadership position on campus, research, studying abroad, or service learning.
- Visit the Internship Center to learn about excellent opportunities for workplace experience.

What professional competencies are important?

- Think creatively about how your experiences, major, and the skills you’re demonstrating might be transferable to your targeted field.
- Practice communicating your professional image through social media, in writing (resume) and verbally (mock interview) with a career coach.
- Utilize drop-in hours or schedule an appointment to receive personalized feedback.
- This is so important: expand your network and connections with professionals in your field, Messiah alumni and at other campus and Career Center events. Continue doing informational interviews!

What tools and resources will help me to get connected professionally?

- Attend job and graduate school fairs throughout the year. Start early; remember, you don’t have to be in the job-seeking phase to attend!
- Consider applying for an Into the City career immersion program through the Career Center.
- Connect with professional associations and conferences in your field. Suggestions for associations are noted in the “What can I do with a major in...?” resources. Also, ask your faculty members for referrals.
- Develop “networking cards” with basic contact info and a summary of your goals and qualifications. Have these available as you meet new contacts who may serve as critical resources in the future.
- Start building your professional wardrobe according to what is appropriate for your field of interest.
- Stay on top of current events, trends, and hot topics in your field through journals, magazines, and the news.
- If you’re considering graduate school, read through the Grad School Planning Guide. Also, attend events such as the Personal Statement Workshop, Practice Admissions Exams, and Graduate School Luncheon.

Reflection Q’s

- What specific experiences are highly desirable in my targeted field?
- Have I “tested out” my area of interest to know it’s a good fit?
- Can I articulate the skills that will be marketable to my target?
- What type of leadership position might I consider?
Transition

The next move is yours!

Transitioning to post-graduate life, whether that is graduate school, employment, a gap year, or full-time service, includes many decisions. Keep in mind that career development is a lifetime process. That said, consider it your “first destination.” As a steward of your strengths, consider carefully what you have to contribute to your next step towards a career in the field of Health and Human Performance.

What are my transition goals?

- Research and clarify your top occupational or graduate school choices which are congruent with your skills and interests.
- Discuss your goals and ideas with and receive feedback from your faculty, mentors and the Career Center (stop by to schedule an appointment).
- Work with a career coach to devise a job search or graduate school application strategy. Stay on track by developing a timeline.
- Gather information on realistic salary expectations.
- Stay active in the process by engaging your network of personal and professional contacts. Communicate your goals and ideas about what might be next for you. Reach out to additional contacts through the Messiah College Professional Network.

What do I have to offer?

- Reflect on the totality of your experiences both inside and outside of the classroom. What knowledge, skills, and abilities do you have to offer a prospective employer or graduate school? In what practical ways have you demonstrated these strengths? This is essential preparation for resume writing and interviewing!
- Refine and tailor your application or admissions materials, including your resume, cover letter, essays, and interview responses to include specific examples and stories from your experience.
- Secure employment or graduate school references from those who can speak to your proven strengths and potential. Don’t ask for recommendations at the last minute! Plan ahead and give adequate time.

Where can I find opportunities?

- Use an eclectic mix of resources in your job/grad school search strategy. Review the Job Search and Graduate School Guides.
- View job opportunities posted to Messiah students and alumni through FalconJobs.
- Networking! Invest in relationship-building and connecting with professionals in your field of interest.
- Attend job and graduate school fairs on campus and in your geographic area of interest. Review a tip sheet!
- Consult career and graduate school resources on the Career Center website noted above.
- Connect with job boards through professional association websites.
- Social media: Follow employers of interest on Twitter; engage in discussions within professional groups on LinkedIn.
- Remember to follow up, say “thank you,” and track progress.

Reflection Q’s

- What are my top strengths I have to offer an employer or graduate school?
- Does my resume accurately convey my transferable skills and experiences?
- How have I demonstrated the skills that will be marketable to my target?