Checklist for First-year Students

“Who am I?” and “What are my interests, skills, abilities, and values?”

During your first year at Messiah, the Career Center, located in Eisenhower Campus Center, is a great place to begin exploring your interests, skills, abilities, and values. 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 early, and visit us as often as necessary! Here are resources available to you during your first year.

- **One-on-One Career Counseling Session**
  Talk with one of our career counselors about where you are and what you’d like to explore.

- **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 counselor and used to identify possible career fields. Take time to check out, My Plan (http://messiah.myplan.com)!

- **“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. We also provide brochures designed for each major which include career-related resources.

- **Snapshots of Vocation**
  Wondering what Messiah alumni are doing since graduation? Catch a glimpse of the possibilities by checking out alumni 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.

- **Career Center Resource Library**
  Check out books to explore occupations and career fields related to specific majors.

- **Career Center Website**
  For information on our services, upcoming events, career-related resources, and more, browse through our website: www.messiah.edu/offices/career.

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**CAREER CENTER**

for Vocation & Development

Eisenhower Campus Center
691.6016 or ext. 6016
career@messiah.edu
M-F, 8 a.m. – noon, 1 p.m. – 5 p.m.
Evening & drop-in hours posted each semester