

Junior Success



CABRINI
UNIVERSITY

Congratulations! You're halfway to graduation!

Now that you're an experienced student, it's time to take what you've learned over the last two years and use it to your advantage during junior year.

This is a year that sets you up for success after graduation, so keep your eyes on the prize and follow this checklist to maximize your achievements this year.

Academics

- ❑ **Plan to earn another 30–33 credits this year.** You need 123 credits and a minimum GPA of 2.0 to graduate.
 - ❑ If you're behind, take a Winterim course and/or try to make up other credits during the summer.
 - ❑ If your GPA isn't where it needs to be, speak with your academic advisor about how to get back on track.
- ❑ **If you haven't declared a major, make this decision an immediate priority.** If you need assistance, speak to your advisor or visit the Center for Career and Professional Development (cabrini.edu/career).
- ❑ **Meet with your academic advisor** to review the requirements for graduation and to be certain you're on track to complete both your core and your major requirements by the end of next year.
- ❑ **Keep studying!** Excel in your major subjects and keep your grades up. If you plan on applying to graduate school next year, these are the last grades that will show on your transcript.
- ❑ **Plan your application timeline**, if graduate school is in your future.
 - ❑ Determine if GREs, MATs, LSATs, or other exams are required for admission and plan to take them late in the second semester or in the summer, depending on when they are offered.

- ❑ **Investigate opportunities to travel through study abroad.** Whether for a semester, a year, the summer, or a short-term international experience, take advantage of the chance to explore other cultures and learn new things (cabrini.edu/studyabroad).
- ❑ **Complete the application for graduation** before the deadline (cabrini.edu/registrar).

Career Development

- ❑ **Visit the Center for Career and Professional Development** early this year if you haven't already. Familiarize yourself with the support and resources they can offer you as you prepare for conducting a job search next year.
- ❑ **Research your field of study.** Browse headlines, read relevant articles, explore companies or institutions that meet your interests, and check out their websites. This is the year to gain relevant work experience.
- ❑ **Prepare to apply for major-related internships, practicums, field work, or volunteer opportunities.** Use these experiences to evaluate your career decision and build your résumé.
- ❑ **Join a professional organization.** Find an association related to your major or career field. Join student clubs and student chapters of professional organizations in your chosen field.

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- ❑ **Participate in activities** sponsored by your major department and try to go to an academic conference in your field.
- ❑ **Use LinkedIn** to create and maintain a professional profile.
- ❑ **Develop a professional résumé.** Check out the résumé-development resources on the Center for Career and Professional Development website and draft your résumé (cabrini.edu/career).
- ❑ **Share your résumé with your academic advisor,** an administrative staff member, or a career counselor and request feedback.
- ❑ **Attend career and job fairs.** Even if you're not actively looking for a job, attending these events is a great way to learn about companies and entry-level jobs in your field, make contacts, and explore various organizations.
- ❑ **Take advantage of networking programs** and opportunities to communicate with Cabrini alumni and other professionals about their career paths.
- ❑ **Build your portfolio** and identify examples of your accomplishments. Assemble pieces of your academic work that you believe are exceptional and that you can discuss with or submit to potential employers to demonstrate your achievements.
- ❑ **Think of concrete and interesting examples** of when you've used interpersonal, problem-solving, and teamwork skills to work through challenging situations and accomplish individual or group goals.
- ❑ **Write down these experiences** for future use during job interviews.
- ❑ **Network with faculty and administrators** who can serve as references and as information sources about possible jobs later on.

Personal Growth

- ❑ **Take time to learn about yourself**—what you believe, what you value, and what's important to you.
- ❑ **Take advantage of structured opportunities** like retreats and immersion experiences offered by Campus Ministry (cabrini.edu/campusministry).
- ❑ **Spend some quiet, reflective time on your own** each week and think about your responses to questions like the following:
 - What have the people I've encountered taught me about myself and the world?
 - How has my Cabrini experience changed me?
 - In what ways have I moved toward being the person I want to be?
 - During the time I have remaining at Cabrini, what one issue would I like to know more about?
 - What are some new challenges that I'd like to take on?

Community and Involvement

- ❑ **Enhance your skill set in ways that add value.**
- ❑ **Add to your list of activities.**
- ❑ **Take a leadership role** in one or more student organizations.
- ❑ **Seek out opportunities to improve your abilities** to interact effectively with others and conduct yourself appropriately in a work setting.
 - These skills revolve around personal relationships, character, and attitude.
 - They include communication, teamwork, collaboration, problem-solving, enthusiasm, initiative, dependability, integrity, and professionalism.