



Center for Career & Professional Development – First Year

First Year - Realize Your *Potential*

Begin to define academic and career goals; assess skills, interests, and values

- Register your Student Handshake Account. Conduct Handshake overview.
- Explore Self-Assessments available on CCPD website
- Explore *What Can I Do With This Major?*
 - Visualize various industries, fields, or organizations you could work for
 - Learn what skills or experiences aid pursuers on successful paths
 - Understand how to strategically get involved through your college career, to remain aligned with your destination
- Sign up for and participate in student clubs and organizations
 - Student Engagement and Leadership
 - Getting involved, in general, is a great asset to students. However, this also paves way to develop additional skills required for later in life.
 - Go above and beyond! Seek opportunities within clubs and organizations, and increase your level of involvement.
- Obtain experience EARLY!
 - Check out on campus work positions and local, part-time jobs. Any and all experience is good experience at this stage.
 - Discuss summer job options with a CCPD representative in preparation for entering your 2nd year at Cabrini.
- Learn about career readiness
 - Employers are seeking employees who are career ready.
 - Learn the core competencies and begin to build these skills today.
- Learn about the CCPD's upcoming career/job fairs, networking events, and workshops.
 - First year students benefit from attending career events, even if they are not actively seeking internship or professional employment.
 - These events are extremely valuable for occupational and organizational information, and more importantly, you are building your connections and network.
 - Use these events to practice your networking skills, and to prepare yourself for your inevitable job and internship search.
- Consider registering for COL 125- Career Planning and Exploration
 - This 1-credit course provides students with the ability to conduct career-planning and develop advanced job-search techniques.
 - Students complete diverse assessments to evaluate and verify personal preferences, identify marketable and transferable skills, refine resumes, research opportunities, network, perform information interviews, and learn from Cabrini alumni.