



## Center for Career & Professional Development – Sophomore Year

### Sophomore Year - Realize Your *Possibilities*

Continue to examine future career options, affirm major, and learn about experiential opportunities. Transform your potential into possibilities.

- Draft your starter professional resume
  - Upload your document onto Handshake for review and approval.
  - Remember to get involved with clubs and organizations. This will make for some excellent resume content!
  - Create a LinkedIn Account and begin exploring and connecting in areas of interest.
- Begin to define short and long-term career goals based on reflections done on interests, skills, and values.
- Review the career readiness competencies and the skills employers are seeking in college graduates.
- Think about ways to gain *high-impact experiences* through internships, field experience, and practicum.
- Consider research opportunities with faculty members, part-time/summer work, immersion trips, volunteer positions, and studying abroad.
- Enhance key knowledge of fields of interest.
  - There is plenty of career information out there to explore and sometimes it can be overwhelming. CCPD is here to explore this information with you.
- Think about attending upcoming CCPD workshops and events.
- Strive for leadership role(s) in a club, organization, or activity.
  - Nothing is rewarded more than proactively seeking leadership responsibilities. Don't wait for opportunity to happen to you.
- If your goals are graduate/professional school
  - Through career exploration and research, you may find that your desired career has a different first destination following graduation: Graduate School.
  - Discuss CCPD resources available for graduate school preparation with a Career Services Specialist. Begin this process now, even though you will not be applying quite yet.
- Remind yourself to revise your resume and update your career portfolio on your Handshake Profile.
  - Always update your career documents as you go. Hired as a new intern? Put it on the resume! Completed a new, impressive project? Put it on the resume! It is easier to do this while it is fresh in your mind, rather than thinking back months or years in the past, scrambling for information.
- Utilize your growing professional network to the next level.
  - Speak with faculty members about their career interests and paths. Reach out to Cabrini Alumni and speak with them about their paths as well.
  - Connect with students and alumni on Handshake and LinkedIn.
  - Consider conducting informational interviews of professionals in fields or occupations of interest.
  - Draft your Positional Statement, or Elevator Pitch.