

# Career Chronicle

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## Career Services: Not Just for Seniors Anymore

Getting admitted to a good college or university is the first step on the road to a great career and successful future. You've made it this far, now don't quit while you're ahead. During your time at SLU, there are some crucial steps to take that will help put you closer to your career goal by the time graduation comes around.

A common misconception about the Career Services office is that only seniors benefit from the services we offer. This couldn't be further from the truth. We do not recommend waiting until your senior year to begin your career exploration. Our advice is the earlier you begin the better. In this issue of the Chronicle, we are featuring a career roadmap. It maps out the recommended steps to take during each year of your college career. Following this roadmap will certainly

give you an advantage over your peers when graduation arrives and it is time to enter the job market. Turn the page to learn how you can get started on your career path.

**Beat the traffic!**  
**Get a head start with the  
Career Roadmap**  
(featured on page 2)



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### Upcoming Events

- ♦ On-Campus Recruiting Throughout October
- ♦ Career Development Week November 15-19
- ♦ Deciding is OK Tuesday, November 16 BSC 5-7 p.m.

## On-Campus Recruiting is in Full Swing

On-campus recruiting is underway at Career Services this month. Companies such as Monsanto, Boeing, Famous Barr, Edward Jones, and many others are eager to meet with SLU students and conduct interviews for internships and entry-level positions.

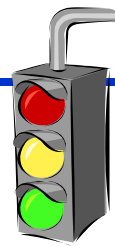
If you are interested in signing up for one of these interviews, log in to eRecruiting to view the recruitment schedule. If the company you are interested in has already visited campus, make sure to keep an eye out for them when spring on-campus recruiting begins in February.



SAINT LOUIS UNIVERSITY



# Career Roadmap



## Freshman Year

- Explore eRecruiting to view potential part-time and/or summer employment opportunities
- Assess your interests through a volunteer job or summer work
- Join or research campus organizations, both social and professional
- Find a student mentor in a major in which you are interested
- Talk to family and friends about their jobs and career paths
- Begin to create a resume
- Schedule an appointment with a Career Services counselor to discuss career assessment tools which will help you identify your values, interests, abilities, and personality type
- Register for Career Decision Making classes (PSYA-194)

## Sophomore Year

- Select a major
- Explore eRecruiting to view potential internship and on-campus recruiting opportunities
- Join student professional and/or social organizations; participate in on-campus events and activities
- Search for a part-time job or internship related to your field of interest
- Attend job fairs to begin networking and obtaining contacts
- Find a faculty mentor
- Update your resume
- Make an appointment with a career counselor to discuss career paths and opportunities
- Register for Career Decision Making classes (PSYA-194) if you haven't taken one yet

## Junior Year

- Upload your resume in eRecruiting
- Attend career/job fairs
- Complete grad/professional school application
- Schedule and participate in experiential learning/internship/service learning opportunities
- Network and take part in informational interviews
- Research jobs and companies matching your interests, abilities, values
- Let Career Services know what employers you would like to see on campus
- Investigate what employers look for in employees in your chosen career field
- Register for Job Search Essentials class (PSYA-394) and/or Backpack to Briefcase Seminar

## SENIOR YEAR

- Revise, update, and have a Career Services professional review your resume
- Explore eRecruiting, participate in on-campus recruiting
- Attend a job search workshop
- Utilize resources within Career Services' career library for information on companies, market trends, salary negotiations, interviewing strategies, job search techniques, resume building
- Attend special events geared toward seniors
- Complete the Career Services Graduate survey
- Continue to network and make professional contacts while learning about potential job opportunities
- Attend Backpack to Briefcase Seminar

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# How to Decide on a Career

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Still Deciding on a major/career path? You're not alone. Here are some helpful tips to guide you in finding the right major for you!



## The Facts:

- A 1996 UCLA study found that over 90% of entering freshmen come to college with a major in mind
- Approximately 75% of students will change their major at least once.
- Students who change majors two or more times typically take at least one more year to complete a degree.



## Steps to Take when Deciding

### Know Yourself:

- Identify your personality type, interests, skills, and work values.

### Learn About the Working World

- Conduct informational interviews with people in careers that you are considering for yourself.
- Work while you are in school through an internship or co-op.
- Volunteer at an organization or agency that interests you.
- Talk to friends, family, and peers about their working experiences.
- Get more information through Career Services or the web.

### Make a Balanced Decision

- Use your head so that the career is practical for you.
- Use your heart so that the career is something that you will like and be satisfied with.

### Use Career Services

- *Career Counseling* will help you work through some of the steps above.
- *Career Assessments* help students in the self-exploration process. They help identify or reinforce personality types, skills, interests, etc...
- *Internships or co-ops* are great opportunities for experiential learning.
- *Job Search Assistance* is one of our most popular services. We offer assistance with resume and cover letter writing, interviewing skills, and job search strategies to help you find meaningful work.

# Do Freshmen *Really* Need Career Services?

Call Today for an  
Appointment!  
977.2828

You Sure Do!

## Register for our Career Decision Making Class

- PSYA 194 offered in fall and spring
- One credit hour
- Meet for 8 weeks
- Learn about career development
- Reflect on self and world of work in a classroom environment



### Our Career Counselors can help you:

- Find out more about yourself and your interests, skills, personality, and values.
- Learn about the importance of finding your purpose in a career.
- Discover how you can connect your major to a career.

Visit us online: [careers.slu.edu](http://careers.slu.edu)