Your first year at college can be very exciting, challenging, and also confusing at times. Luckily for you, you attend a school full of staff, faculty, and other students who genuinely care about your well being and want to see you succeed. Although you may be thinking to yourself, “Gee, I’m 18, have four more years of school, and don’t need to worry about something called Career Services,” remember that these four years go by faster than you think. We want you to know that Career Services is here to assist you, beginning your first year. You may be asking yourself at this point, “What career related issues concern me?” or “Why should I visit Career Services now?” I am here to answer these questions for you and provide you with some resources to learn more.

Q: What can Career Services do for me, as a humble first year?

A: Career Services and the Career Resource Centers, located on both campuses, offer a wide range of services on learning more about yourself, exploring majors and careers, gaining experience, and planning for after graduation. As a first year, you can meet with a career counselor to begin taking steps towards major and career exploration. We offer free interest and personality assessments, to help you begin looking into who you are and how that can relate to majors and careers. We also host many career panels throughout the year in which we bring alums to campus to discuss various topics, such as “What Can I Do With A Major In Psychology” or “Careers in Healthcare.” Watch your email for events related to your areas of interest! Check out the “Upcoming Events” listed on our website too! The more information and knowledge you gain when exploring your interests, the better informed your career decisions will be. Another thing to keep in mind, you can visit either Career Resource Center (CSB - Academic Services Building or SJU - Mary Hall 25) to meet with one of our trained student career assistants on a walk-in basis. As a college student, chances are high that your interests and major will change during your time here. Let us help you navigate your career path and get started on the journey!

Q: I want to be focusing on school now. Why should I be thinking about my career already?

A: By connecting with Career Services during your first year, you are taking steps towards reaching your future goals. You have four years to work with us, explore and test out your interests, and most importantly gain experience and build skills related to those interests. Whenever we meet with a senior who is working with Career Services for the first time, he/she often says they wish they would have met with us much sooner. As a senior, you are busy with school and applications to jobs, graduate school, or volunteer opportunities. The last thing you want to add to that is career exploration or beginning to put a resume and cover letter together for the first time.

As a well rounded liberal arts student, you will come away from these fine institutions with more than a diploma; you will have an enriched understanding of the world around you. This starts with personal development. Becoming involved with things that interest you and actively participating in clubs and organizations on campus is something that will prepare you to be successful in whatever it is you choose to do after college. Most students would agree that the combination of their academic coursework and being involved in activities is the best way to meet people and have great experiences at college. At the same time, you will be building your resume and improving your image, often times without even realizing it!