



First Year Checklist

Below are examples of the career development process for a first year student.

ASSESS

- Utilize career assessments and other resources to explore interests, values, skills, work environments, etc.
- Make an appointment with your Career Counselor and discuss how your interests and preferences relate to concentrations and careers.
- Create College Central account online and Career Portfolio.

EXPLORE

- Visit the career library, College Central and other resources to research fields.
- Attend Career Services & B2B workshops and events to learn more about fields of interest.
- Volunteer off-campus; Join campus clubs or activities related to your fields of interest.
- Talk with people who have similar interests and learn about their career plans and process.

DEVELOP

- Learn about networking and informational interviewing and practice talking with people about their career paths and interests.
- Create a LinkedIn profile and learn how to find Soka alumni and other people working in your fields of interest.
- Follow Career Services & Internships on Facebook, Instagram and join our LinkedIn page.
- Take Career 100 1-unit course (recommended).

IMPLEMENT

- Job shadow over winter break to learn about possible career paths.
- Work with Career Services and find a summer experience to learn more about your interest area.
- Get a part-time job and build your experience.
- Start summer internship/job search in February/March.
- Apply for the Bridges to Business Program (B2B) for the following academic year.