



CAREER VISION

Start the New Year with a Career Readiness Review

As you rang in 2024, what goals did you set for the New Year? Maybe you pledged to get in a walk or hit the campus gym, if possible, eat properly, and get more sleep — all of which are good for your health. And, with the right mindset and commitment, you should be able to keep these important resolutions.

Yet, with the beginning of a new semester just days away, some pretty tough classes in your schedule, and maybe even an internship to balance on top of everything else, did you make any resolutions for college success? Now's the time to take a candid look at your progress in achieving your academic and career goals.

Start by asking yourself these important questions as part of your annual career readiness review:

CAREER READINESS REVIEW

Academic Success

- Have I set and maintained a regular study schedule, attended my classes either live or in-person, and kept up with assignments?
- Have I met with my academic advisor to ensure that I'm on track to complete the requirements of my academic plan and to graduate on time?
- Do I use a [GPA calculator](#) to track my grade point average regularly (*i.e.*, my cumulative GPA *and* major GPA)?
- Am I exceeding the GPA needed to get accepted into / stay in my major, keep my financial aid? If not, have I taken the appropriate actions to improve my grades (*e.g.*, student support services, tutoring, study groups, etc.)?
- Do I eat properly, get enough sleep, exercise, and manage stress by balancing rigorous academics with relaxation?

College & Career Planning

- Have I identified, investigated, and chosen a college major and career direction that's a good fit with my talents, skills, interests, personality preferences, and work values?



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- Have I found ways to actively engage in a wide range of on- and off-campus opportunities whether in person or online to learn about careers and the work environment (e.g., occupational research, on-campus networking events, panel discussions, informational interviews, job shadowing, etc.)?
- Do I know which occupational fields and work environments connect to my major?

Career Preparation

- Am I engaging in experiential learning activities that provide opportunities to apply what I'm learning in classes and to build a resume that demonstrates my readiness for career launch (e.g., part-time jobs, internships, volunteerism, etc.)?
- Have I asked my managers for feedback about my work / internship performance? Have I taken more time if I'm working remotely to network within the organization?
- Have I taken on a leadership position in a club / organization?
- Do I keep an on-going record of my activities, experiences, and accomplishments? Do I update my job / internship search correspondence regularly (i.e., resume, cover letter)? Do I know where to look for internships / jobs? Have I participated in mock interviews and received objective feedback about my interviewing skills?
- Am I continually expanding my professional network, whether in person or virtually (e.g., attend networking events, conduct informational interviews, connect with alumni mentors, join on-campus clubs and a professional association related to my field of interest, etc.)?
- Do I have a mentor?
- Does my presence on social media always represent me in a positive light?

Make a Plan

Based on your responses to the above questions, do a gap analysis to identify areas that require improvement. Then plan and implement specific actions to reach your college and career goals. After all, *"A goal without a plan is just a wish!"* (Antoine de Saint-Exupéry).

Are You a Career Vision Research Member?

Kick off the New Year with a solid plan to keep your college and career readiness plan moving forward. Career Vision research members are encouraged to schedule a follow-up appointment with a career consultant. Call us at 630.469.6270.