

Sophomore Year - Engage & Reflect

Reflect

- ➔ Consider career pathways. To learn more, go to [Careers & Majors](#)

Engage

- ➔ Set up an **appointment** with your Professional Development Specialist to focus your career activities based on your major (713-221-8980; ccpd@uhd.edu, Main Building South 402)
- ➔ Visit the [CCPD website](#) for **career activities** (informational interviews, volunteer, job shadowing, internships, part-time positions) based on your career interests
- ➔ Conduct **informational interviews** with those who work in your field of interest (e.g. faculty, academic success coordinators, alumni, business leaders and community members)
- ➔ Attend 1 **CCPD Event!** See the Gators4Hire calendar for more information, go to our Instagram or LinkedIn, call 713-221-8980, or stop by our office, One Main Building, South 402

CampusGroups

- ➔ **Deepen your involvement in a club or organization** related to your career interest or passion
- ➔ Build skills future employers or graduate admissions committees find valuable - volunteer, plan an event, serve on a committee, engage with campus activities
- ➔ Login to **CampusGroups** at <https://uhd.campusgroups.com/> to track your progress

Network

Continue to develop your **UHD NETWORK**. Create a LinkedIn profile and connect with us:

[UHD Center for Career and Professional Development](#)

Resume

- ➔ Review the [CCPD Resume Packet](#) under Résumé/CV & Cover Letters on the CCPD website
- ➔ Strengthen your resume by adding career activities.
- ➔ Upload to **Gators4Hire**



Sophomore Year Checklist

Stay on Track

- ☐ **CCPD Appointment** Date: _____ Time: _____
Appointment Topic: _____
Notes: _____

- ☐ **Investigate** career activities (informational interviews, volunteer, job shadowing, internships, part-time positions) based on your career interests:

Activity	Person/Organization
1) <u>Informational Interview</u>	_____
2) <u>Volunteering</u>	_____
3) _____	_____

- ☐ Event Name: _____
Date: _____ Time: _____
What did you learn from this event & how you will use it to reach your career goal? _____

- ☐ **Deepen Organization Involvement:**
- | Activities | Skills |
|------------|--------|
| 1) _____ | _____ |
| 2) _____ | _____ |

- ☐ **Browse** LinkedIn professionals in your field
Name: _____
Organization:/Company: _____
Notes: _____

- ☐ **Link to CCPD Resume Resources:**
www.uhd.edu/sssl/student-success/career/career-resume.aspx

Critical Thinking 

Communication 

Collaboration 

Digital Technology 

Leadership 

Professionalism 

Career Management 

Global Fluency 

RESOURCES

<u>RECOMMENDATIONS</u>	<u>POSSIBLE RESOURCES</u>
Discuss the qualifications for occupations Get help in selecting an academic program Discuss job market for college graduates Get help selecting an occupation Discuss advantages/disadvantages of occupations	Academic Success Coordinators Gator Success Institute (N320) Career & Professional Development (S402)
Discuss attitude toward school Discuss an unwanted habit Discuss personal relationships & social life Discuss family problems Discuss emotional tensions Discuss unhappy feelings	Counseling Center (S280) Health Center (S445) Sports & Fitness (WSC) Accessible Education Center (SLC302)
Get help with exam skills Get help with study habits Get help with writing skills Get help with basic math skills Get tutoring in selected areas Get help with reading skills	Supplemental Instruction (S405) Math & Statistics Center (N530) Writing and Reading Center (N530) Mentoring (N320) Success Strategies (N320) Library / Library study rooms (N400) Accessible Education Center (SLC302) Foreign Language Lab (N930) Science Learning Center (N604)
Get help meeting new friends Get information about student activities Get advice from an experienced student Get information about clubs and social organizations	Student Leadership & Involvement (S204) Veteran's Services (SLC203) Sports & Fitness (WSC) Study Abroad (S415)
Get help finding a part-time job Obtaining a loan Obtaining scholarships Finding a Summer Job	Financial Aid & Scholarships (S350) Career & Professional Development (S402)