

Sophomore Year - Engage & Reflect

Reflect

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

Engage

- ➔ Set up an **appointment** with your Career Coach to focus your career activities based on your major (713-221-8980; uhdcareer@uhd.edu, Main Building South 402)
- ➔ Visit the [MCC 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 advisors, alumni, business leaders and community members)
- ➔ Attend **1 MCC Event!** See the Jobs4Gators calendar for more information, go to our Facebook 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 Main Career Center](#)

Resume

- ➔ Review the [MCC Resume Packet](#) under Application Preparations on the MCC website
- ➔ Strengthen your resume by adding career activities. See page 13 for a sample
- ➔ Upload to **Jobs4Gators**



Sophomore Year Checklist

Stay on Track

MCC 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 MCC Resume Resources:
www.uhd.edu/student-resources/career/Pages/career-resume.aspx

RESOURCES

<u>RECOMMENDATIONS</u>	<u>POSSIBLE RESOURCES</u>
<p>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</p>	<p>Academic Advising (N320) Main Career Development Center (S402) Davies COB Career Center (B104) Gator Success Center (N310)</p>
<p>Discuss attitude toward school Discuss an unwanted habit Discuss personal relationships & social life Discuss family problems Discuss emotional tensions Discuss unhappy feelings</p>	<p>Counseling Center (S445) Center for Equity, Diversity & Inclusion (S370) Health Center (S445) Sport & Fitness (SLC) Disability Services (GSB314)</p>
<p>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</p>	<p>Supplemental Instruction (S405) Math & Statistics Center (N925) Writing and Reading Center (N925) Mentoring (N310) Success Strategies (N310) Library / Library study rooms (N400) Disability Services (GSB314) Foreign Language Lab (N950) Science Learning Center (N604) Social Sciences Statistics Lab (N1085)</p>
<p>Get help meeting new friends Get information about student activities Get advice from an experienced student Get information about clubs and social organizations</p>	<p>Student Activities (S204) Veteran's Services (GSB318) Sports & Fitness (SLC) Study Abroad (S370C) Center for Diversity, Equity, & Inclusion (S370)</p>
<p>Get help finding a part-time job Obtaining a loan Obtaining scholarships Finding a Summer Job</p>	<p>Main Career Development Center (S402) Davies COB Career Center (B104) Financial Aid & Scholarships (S330)</p>