

# SOPHOMORE YEAR: EXPLORATION



After assessing your interests, skills, and values, you are now prepared to choose a career field that best fits with your criteria. The suggestions that follow may serve as an outline for you throughout your sophomore year as you begin exploring different career options and majors.

## Gather Career Information

Set aside time each week to conduct research on careers which fit best with your interests. **Focus2** provides up-to-date information concerning many careers. Books and internet resources are available to provide the information you need to select the right major or career for you.

## Talk with your Professors

Professors are experts in their fields. Many have a broad understanding of the options available to graduates of particular majors. Use this excellent resource as you explore different careers.

## Contact Professionals in your Field of Interest

The purpose of an informational interview is to obtain information, not ask for a job. Taking the time to learn first-hand about a field will help you make decisions as to whether it is a viable career for you. You need to be prepared to ask specific questions. A handout is available in Career Services to assist you with this task.

## Job Shadow

Job shadowing is one of the most popular work-based learning activities because it provides you with opportunities to gather information on a wide variety of career possibilities before deciding where you want to focus your attention. Job shadows involve brief visits to a variety of workplaces, during which time you “shadow”, observe, and ask questions of individual professionals. This program is beneficial to all students, first year to senior, as you explore, define, and finally pursue your career interests.

## Set Short-Term Career Goals

Take time to ask questions you may have about the Short-term goals help you get started on your career plan. Some examples are:

- Conduct three informational interviews.

- Begin searching for a summer job related to your major.
- Meet with your professor to talk about career options for your major.

## Apply for Summer Jobs or Internships related to your Major or Chosen Career

Begin developing skills while becoming involved in the Clarke experience. There are endless possibilities available to you through Student Life and Campus Ministry. Stop by these offices to find out how you can become involved.

## Talk to the Director of Career Services

This can help you decide or confirm your major and develop a career plan.

## Consider a Term Abroad

Studying abroad can be a once-in-a-lifetime experience. Broadening your horizons through learning about other cultures is invaluable with our increasingly “small world”. Employers and graduate schools look highly upon these experiences.

Books and resources on study abroad programs are in Career Services.

## Begin Developing a Resume

Get a head start by beginning to track your skills and accomplishments as they are gained.

## WHERE TO FIND OUT MORE . . .

All materials referenced are available in the **Clarke University Career Services Office** at no cost to Clarke students or alumni. Many of the services are available by simply stopping by our office; however, some services require an appointment. Please call ahead to schedule a time that is convenient for you.