



THE KNOW



first year experience

Sam Houston State University

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A Career Planning Checklist for the Freshman Year

Choosing a career is a big decision and many college students feel confused and overwhelmed when they consider all that is involved. Many freshmen in particular feel stressed when, in a time already marked by so much change and adjustment, they find themselves seemingly lost in a swirl of career-related questions. Just how does one go about choosing a major, finding student employment and an internship, and ultimately, a career that “fits”? One thing is for sure – freshmen have enough to worry about during their first year of college without trying to choose their life’s work on top of it all! Here’s the good news - planning for your future is not something you just do once, or even have to do now... it is a continuous process. This process involves four major stages that you will not only move through during the course of your college career, but also, will cycle through and repeat throughout your working life. These four major stages can be pursued as tangible goals each year you’re in school:

Stage I: Know Yourself

(Freshman Year)

The goal of this stage is to identify and evaluate your own unique skills, interests, personality traits and leadership style, and to determine how these relate to specific majors and/or careers.

Stage II: Explore What’s Out There

(Sophomore Year)

In this stage you’ll want to acquire more information about academic majors of interest and knowledge about career fields you might want to pursue. Broaden your understanding of community and world issues and your potential role as a leader through work, volunteer and campus activities.

Stage III: Put it All Together

(Junior Year)

As you move through your junior year you’ll want to validate your career decisions while gaining experience through internships or relevant part-time work. This is also a good time to start preparing for the upcoming job search by starting on a resume and cover letter, visiting campus job fairs, and choose a major, if you haven’t already.

Stage IV: Implement a Plan of Action

(Senior Year)

You’ll spend most of your senior year focusing on your job search and preparing for the upcoming transition into the “real world” after graduation! You will need to put the finishing touches on your resume and cover letter and hone your networking and interviewing skills to effectively meet and market yourself to prospective employers.

Still feeling overwhelmed? Then let’s just focus on one stage/year at a time! Use the following Career Planning Checklist for the Freshman Year and its suggestions to help you get started: Identify your values, interests, skills and personality traits by visiting with a professional staff member who can recommend and interpret the appropriate career assessment instrument for you. SHSU Career Services, the SAM Center and the SHSU Counseling Center all offer these services. Begin to explore possible majors and careers that relate to your values, interests, skills and personality traits you’ve now identified. How?

Places to Know

[Writing Center](#)

Mon - Thur: 8am - 7pm
Fri: 8am - 3pm
Sun: 2pm - 7pm
936.294.3680
Farrington 111

[Reading Center](#)

Mon - Thur: 8am - 7pm
Fri: 8am - 3pm
Sun: 2pm - 7pm
936.294.3114
Farrington 109

[Career Services](#)

Mon - Fri: 8am - 5pm
936.294.1713
AB4, Suite 210

[SAM Center](#)

Mon. & Wed.: 7:30am - 6:30pm
Tue., Thur. & Fri.: 7:30am - 4:30pm
Sat. & Sun.: Closed
936.294.4444
CHSS Suites 170 & 190

[Math Help Lab](#)

Mon - Wed: 9am - 5pm
Thur: 9am - 7pm
Fri: Closed
936.294.1565
Farrington 105

The SAM Center

Now located in the College of Humanities and Social Sciences Building (CHSS). The SAM Center is on the first floor of CHSS Rooms 170 & 190. (Please note: the lowest floor is referred to as the Concourse. The SAM Center is located on the first floor.)

Visit NOW to be advised for
Summer and Fall 09!

Dates to Know

Visit with your advisor and use your career assessment results, the Career Research Project information you gathered in your UNIV 1301 class (if applicable), and/or other resources from the SHSU Career Services' Dow Career Research Library, the [SAM Center](#), the [SHSU Counseling Center](#), and the [Newton-Gresham Library](#). Visit various academic departments that interest you too! Identify student organizations that are of interest to you. Plan to take on leadership roles in these activities you enjoy. Develop and maintain good study skills, focus on academics and keep up your GPA. Yes, your GPA matters not only to you and your parents, but to most employers too when it comes time for you to graduate! Take electives outside your initial area of interest to help explore possible options that might have been overlooked. Make an effort to get to know and utilize campus counselors, advisors, faculty, staff and administration – they are valuable sources of information and in the future can serve as professional references. Begin to cultivate transferable skills through part-time employment or a volunteer role. Be sure to check out Career Services' website listing on-campus and local job opportunities. Keep records of your experience and achievements - consider starting a cocurricular transcript to help you keep track. This checklist may be modified to meet your own unique needs and career development "pace", but if you use it as a tool to help you navigate through your freshman year, you will be well on your way to successfully beginning the process (remember, it's not a one-time, irrevocable event) of identifying and preparing for the career of your dreams! - Pam Laughlin, M.Ed., Director of [Career Services](#), ploughlin@shsu.edu

Stress Management

As the end of the semester is nearing, the anticipation of the summer break and exams can heighten your stress level. There are many alternatives to manage your stress levels. Sometimes it's easier to take a step back and just breathe. By making use of time management strategies, you can maximize your time and reduce stress as well. Use a "to-do" list. Write down all of your assignments, chores (including laundry) and other tasks. Prioritize these items. When is your paper due? Is it high priority for the day? Stop and ask yourself frequently "what is the best use of my time right now?" "What needs to be accomplished now?" Then, do that task. Be sure and also schedule time for breaks. You can't study for an exam or write a paper if your brain is fried. Taking a 15-20 minute break of leisure activity will wake you up and sharpen your thinking. By utilizing some of these techniques, you will find yourself a little less stressed.

Summer School or Not?

Summer is coming up right around the corner. Do you know what you are planning to do? There is really no right or wrong answer to your summer plans, but it is something to think about. If you haven't been taking as many hours as necessary to graduate "on time," summer school is a great time to take some extra hours. Some people just want to get ahead and take a few classes over summer to give them a boost in the hours department. Others are thinking about a summer job or internship which is a great way to get a jump start on a career. Summer internships give you the hands-on training in the career of your choice as well as getting to work under helpful professionals. So, before just settling on a typical summer job at the snow cone stand, talk to Career Services about what internships are out there and how to get on board. If you are just wanting to relax this summer, then do it! You have worked hard your first year and deserve a break. No matter what you do this summer, have fun and BE SAFE!!!

Early registration opened April of 2009 for the Summer and Fall.

Check out these websites for other important dates and fun events!

- [Academic Calendar](#)
- [Sam Center Calendar](#)
- [Student Services Calendar](#)
- [Today @ Sam Calendar](#)

No Cook Recipe for Residence Hall Living: "Turkey Wrap"

If you're looking for a quick and easy meal, try this.

You will need:

1 burrito-sized flour tortilla
Roasted Garlic Cream Cheese Spread
Shaved Deli Turkey Breast
Shredded Sharp Cheddar Cheese
Sliced or Chopped Green Olives
Chopped Onion

- Spread the cream cheese spread down the center of the tortilla.
- Put some turkey breast on next.
- Sprinkle with the shredded cheese.
- Toss on some olives and onions.
- Fold the sides of the tortilla up over the top.

ENJOY!

Did you know??

April/May Facts.

- On April 10, 1945 - The Nazi concentration camp at [Buchenwald was liberated](#) by U.S. troops.
- April 19, 1775 - At dawn in Massachusetts, about 70 armed militiamen stood face to face on Lexington Green with a British advance guard unit. An unordered 'shot heard around the world' began the [American Revolution](#). A volley of British rifle fire followed by a charge with bayonets left eight Americans dead and ten wounded.
- On May 13, 1943 - During World War II in North Africa, over 250,000 Germans and Italians surrendered in the last few days of the Tunis campaign. British Gen. Harold Alexander then telegraphed news of the victory to [Winston Churchill](#), who was in Washington attending a war

conference. The victory re-opened Allied shipping lanes in the Mediterranean.

Our Office is Located!

Academic Building IV, Suite 202!

Questions or comments? Email us at: fye@shsu.edu, call 936.294.3422, or write FYE, Box 2335, Huntsville, TX 77341-2209.