

## A Career Planning Checklist for the Freshman Year

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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 and visiting campus Job Fairs.

#### 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? Visit with your advisor and use your career assessment results, the Career Research Project information you gathered in your [SAM 136](#) 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 Service's website](#) listing on-campus and local job opportunities.

Keep records of your experience and achievements - consider starting a [Co-curricular 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](mailto:ploughlin@shsu.edu)

## No-Cook Recipe for Residence Hall Living

### Turkey Wrap

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 and sprinkle with the shredded cheese. Toss on some olives and onions. Fold the sides of the tortilla up over the top and eat!

## High Hopes

Your class had the highest credentials of any entering freshman class at Sam Houston State University. We hope that your class will also have the highest graduation rate, and we want you to be a part of this! If, at any time during your college career, you are questioning coming back to SHSU please contact us! We are happy to assist you or answer any questions you might have. Here are some phone numbers that might be helpful to you.

FYE—936.294.3422  
SAM Center—936.294.4444  
Enrollment Management—  
936.294.1385

Look what's  
opening for  
Fall!

## Building, Building, Building

When everyone arrives back to campus for the Fall 2005 semester, several new buildings will be open. The [Smith-Hutson Building Addition](#) has an anticipated opening in May. The addition will almost double the size of the current College of Business Administration facility and will include an auditorium, 15 classrooms, 39 faculty offices and two departmental suites, a student computer technology area, a reading/studying area, and a robotics lab. The new building housing [chemistry and forensic science](#) will include classrooms, faculty offices and departmental suites, and teaching and research labs. The 60,000 square foot building's projected opening is in August. The [Health & Kinesiology Center Addition's](#) projected opening is August. The expansion will include a 10,000 square foot weight and fitness room, 34 foot climbing wall and boulder, multipurpose room, access to the indoor track with a stretching area and a new entry and lounge. The new outdoor swimming pool is also projected to be opening in August and is equipped with lap lanes. In addition to all of these facility openings, there is much more construction and renovation happening all over campus. In another year, SHSU will also have new upperclass student housing. Isn't it great to be at a university that is growing!



## Dates to Know



### April 2

Saturdays @ SAM  
Jazz Festival, all day

Orange Pride Dance Team Championship Performance on ESPN 2, 9 p.m.

### April 3

Daylight Savings Time—Move your clocks forward one hour.

### April 6

Program Council's Comic View featuring Wendi Fox, 7 p.m., LSC Ballroom

### April 8

Program Council's Movie Night featuring *Meet the Fockers*, 7 p.m., LSC Theater

### April 11-15

Office of Multicultural & International Student Services' UniDiversity Week.

### April 13

Program Council's Spring Fling: Get Your Bowl On VIII, 9 p.m., Huntsville Lanes

### April 13-16

*Ragtime*, Evening performances are at 8 p.m.; Saturday matinee begins at 2 p.m., Mainstage Theatre

### April 14

SHSU Class Ring Ceremony, 6 p.m., Austin Hall

### April 16

Program Council's Drive In Movie featuring *Saw*, 7 p.m., Colony Park

### April 16

Symphonic Band Concert, 7:30 p.m., Recital Hall

### April 18

Last day for resignations.

### April 20-21

Kat Klub's Texas Hold 'Em Tournament of Champions, 6-9:45 p.m., LSC Kat Klub

### April 22

Program Council's Movie Night featuring *Ocean's 12*, 7 p.m., LSC Theater

### April 27

The Sammy Awards, 7 p.m., LSC Ballroom

### April 28-30

*Spring Dance Spectrum in Concert*, Evening performances are at 8 p.m.; Saturday

matinee begins at 2 p.m., Mainstage Theatre

### May 5

Last Class Day

### May 6

Final Exam Study Day

### May 9-12

Finals Week. Please see the [Final Exam Schedule](#).

### May 13

Residence halls close at noon.

Commencement (College of Education), 6 p.m., Johnson Coliseum

### May 14

Commencement (College of Arts & Sciences and College of Humanities & Social Sciences), 10 a.m., Johnson Coliseum

Commencement (College of Business Administration), 2 p.m., Johnson Coliseum

For more calendar information, please see the [Academic Calendar](#), the [Student Services Calendar](#), or the [SAM Center Calendar](#).

## I Finished My First-Year of College! What Now?

So, it's time to think about your second year of college. What? You need to think about your next year of college? You mean it doesn't just happen? Nope. You need to give it a little thought. Here are a few things to think about to make your second year of college the best it can be!

- ◆ What were you like as a person when you came to SHSU? How have you changed or grown? (We hope that you've grown during your first year of college!)
- ◆ How did you handle situations that appeared? Were you able to handle these on your own? Did you ask for advice when you needed it? Do you know where to go on campus for advice? It's very important to get to know faculty and staff on campus. Your academic advisor is also a person that you need to know well. These people can be your best bets for talking through various situations.
- ◆ How did you adjust your study habits from what you did in high school? Do you need to continue adjusting those habits so that you can make better grades next year? Typically, students make the lowest grades during their freshman year. It's time to figure out how to do better.
- ◆ Did you use your time efficiently, or do you need to make some improvements before next fall?
- ◆ If you didn't get involved on campus this past fall, it's time to start thinking about what you are going to do this fall. Did you know that students who are involved in at least one student organization or work on campus make better grades than those students that don't get involved? Plus, it will look good on scholarship applications and your future résumé if you are an involved student. There are over 150 student organizations on campus and many student activities. Get involved! Just remember, don't overdo the involvement. You are still at college to earn a degree!
- ◆ What advice would you give an entering freshman? What would you do differently? Thinking about these questions will help you do better in your second year at SHSU!



first year experience

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We're on the web!  
[www.shsu.edu/fye](http://www.shsu.edu/fye)

Writing Center

Monday-Thursday: 8 am-7 pm  
Friday: 8 am-3 pm  
Sunday: 2-7 pm  
Wilson 114  
936.294.3680  
[wctr@shsu.edu](mailto:wctr@shsu.edu)  
[www.shsu.edu/~wctr](http://www.shsu.edu/~wctr)

Reading Center

Monday-Thursday: 8 am-7 pm  
Friday: 8 am-3 pm  
Sunday: 1-4:30 pm  
Wilson 111  
936.294.3114  
[rdg\\_www@shsu.edu](mailto:rdg_www@shsu.edu)  
[www.shsu.edu/~rdg\\_www](http://www.shsu.edu/~rdg_www)

Math Help Lab

Monday-Thursday: 8 am-5 pm  
Friday: 8 am-2 pm  
Lee Drain Building 201  
936.294.1564  
[www.shsu.edu/~mth\\_www/helphours.htm](http://www.shsu.edu/~mth_www/helphours.htm)

# Did You Know?

## France

The country in which the custom of April Fools' Day started. It is believed to have started when the Gregorian calendar was adopted by King Charles IX in 1582. In this calendar, the new year started on January 1, not April 1. People who did not use the new date, but still celebrated on April 1st became the butt of jokes.

**372**

Number of Alice Cooper's "School's Out" at About Classic Rock's Top 500 Rock and Roll songs.

**300**

Gallons of liquid hand soap used in 2002 at Sam Houston State University.

**May 9, 1914**

Date that Mother's Day was made an official holiday.