

Different stages of your education include different tasks for your career planning. It's important to keep in mind that not all students plan their academic and career paths the same way, nor at the same pace.

These are recommended career tasks to help guide you through planning and preparing for an exhilarating future.

### **Your First Year | Transition, Adjustment, Exploration**

- find your way around campus & get involved with campus and community events
  - join a club or society
  - participate in the Co-Curricular Program
- develop your academic skills – study skills, exam preparation, essay writing, research, etc.
- talk to your academic advisor about academic options and opportunities
- explore and clarify your academic interests -- choose new & interesting courses and program pathways
- learn about different opportunities for developing your knowledge & skills, such as
  - work-study
  - study abroad programs
  - Co-Curricular Program
- identify barriers or obstacles to your success and take action
  - consult with your academic advisor
  - consult with student services
- learn about the services available at the Career Development & Employment Centre (Fredericton) or Career Counselling (Saint John)

### **Notes**

## Your Second Year | Career Assessment & Research

- take time to your identify personality, strengths, interests, values and how these relate to your career options
- explore work options in your field of study
  - consult with your academic advisor
  - consult with campus career experts
  - consult Career Cruising
- build transferable skills & knowledge through available opportunities
- develop leadership experience through campus and community activities
- if uncertain about your career direction, book a career consultation with our campus career experts
- attend job & career fairs for career networking and future planning

### Notes

## Your Third Year | Get Specific!

- research work opportunities, graduate schools, and funding options
- register for, and write, admission tests, such as LSAT/MCAT (this process can take up to a year)
- try job shadowing and information interviewing to find out what the work is really like (connect with UNB Associated Alumni's Alumni Mentoring Program or Bridge Network)
- clarify your short & medium term career goals
- develop resume-writing and interviewing skills
- do a "grad check" or "program audit" to ensure you will meet the requirements to graduate from your program next year

## Notes

## **Your Fourth/Final Year | The Final Push, Transition to Work or Grad School**

- apply to graduate schools and/or professional programs in the Fall term
- target employers starting in September
- attend job & career fairs
- develop creative work search skills and self-marketing strategies
- learn what it takes for success on the job
- remember that you must apply to graduate

### **Notes**