

CCAS Pre-Registration Workshop Academic and Career Planning for First-Year Students Fall 2007

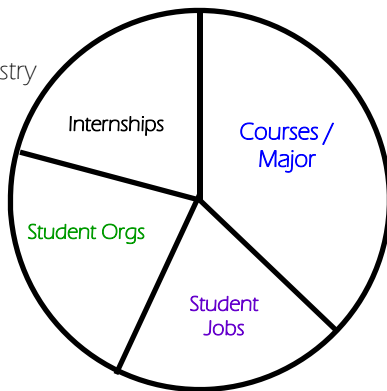
Your College Experience

...is the sum of the learning you've done in-class and (perhaps more importantly) out-of-class .

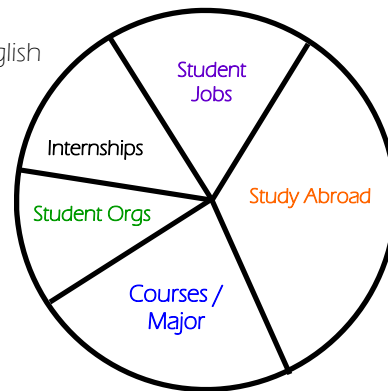
Pieces of the Pie

Academic and Career Exploration experiences of two recent graduates

Chris
Working in
Television industry



Erin
Teaches English
in Korea



What do you want from your college experience?

Who Are You?

As a college student, you are entering another important stage of your growth and development.

Chickering (1969) has identified seven vectors in college student development:

1. Achieving Competence (academic, social and intellectual)
2. Managing Emotions (anxiety, loneliness, anger, frustration, infatuation, attraction, rejection)
3. Developing Autonomy (knowing when you need help and how to get it; acting on your own behalf instead of relying on others to act on your behalf)
4. Establishing Identity (a sense of self defined by you and through your personal experiences and values)
5. Freeing Interpersonal Relationships (getting comfortable with people different than yourself; learning trust, openness and independence in relationships)
6. Developing Purpose (planning for a future that incorporates your values, beliefs, priorities and aspirations)
7. Developing Integrity (establishing a set of personally valid beliefs which guide your behavior; your sense of personal and social responsibility)

Who Are You?

Some Basic Questions:

What is important to me?
What am I good at?
What do I like to do?

What have I learned?
What kind of life do I want to have?
What do I want to contribute?

Exploring Your Interests

1. I have reviewed majors and degree plans in the Undergraduate Catalog or online. (Yes / No) _____

2. I am looking at majors in the following Schools/Colleges:

<input type="checkbox"/> College of Ag & Life Sciences (CALS)	<input type="checkbox"/> College of Letters & Science (L&S)
<input type="checkbox"/> School of Business (Bus)	<input type="checkbox"/> School of Medicine Undergrad Programs (MED) (Clinical Lab Science or Physician's Assistant)
<input type="checkbox"/> School of Education (Ed)	<input type="checkbox"/> School of Nursing (NUR)
<input type="checkbox"/> College of Engineering (EGR)	<input type="checkbox"/> School of Pharmacy (PHM)
<input type="checkbox"/> School of Human Ecology (SOHE)	

3. My top academic interests or potential majors at this time include:

4. I need more information about the following subjects / fields / majors:

5. In ten years, I see myself...(job, further education, family, lifestyle, etc. Be as specific as you're able)

6. If you could guess, what career would be popular in the future? What career will be obsolete?

Next Steps

Based on your path, what is your next best step? You could

<input type="checkbox"/> look for appropriate workshops	<input type="checkbox"/> research employers
<input type="checkbox"/> volunteer opportunities	<input type="checkbox"/> find an internship
<input type="checkbox"/> network	<input type="checkbox"/> attend a majors fair (everyone check this! ☺)
<input type="checkbox"/> find a student organization	<input type="checkbox"/> do a career assessment