

Freshman Year - Explore & Connect



Freshman Year Checklist

Explore

- ➔ Take **career assessments** to learn about how your interests, personality, and values connect to careers at <http://tinyurl.com/uhdfocus2career>. Register using access code: UHD Gators
- ➔ Explore workplace readiness competencies
- ➔ Use the Career Development link [Explore Careers & Majors](#) to learn about the relationship between majors and careers
- ➔ Review your [Departmental Website](#) to discover degree options and expert faculty

Connect with the Main Career Center (MCC)

- ➔ We want to get to know you as you plan your next 4 years at UHD!
- ➔ Set up an **appointment** with a Career Coach to discuss your major, on or off campus activities, & investigate career options (713-221-8980; uhdcareer@uhd.edu, Main Building South 402)
- ➔ Attend 1 **MCC Event!** See the CampusGroups calendar for more information, go to our Facebook or LinkedIn, call 713-221-8980, or stop by our office, One Main Building, South 402
- ➔ All incoming freshmen are provided with a profile, and once you complete it you can search for opportunities and events. Activate your account on **Jobs4Gators**.

CampusGroups

- ➔ **Join a club or organization** related to your career interest or passion. Login to **CampusGroups!**

Network

- ➔ Develop your **UHD NETWORK** to learn, grow, and get support! Reach out to your UHD community! Faculty and staff, mentor and tutor groups, UHD student organizations, and classmates!

Stay on Track

- Focus 2 Career Assessment Results**
<http://tinyurl.com/uhdfocus2career>
My Career Plan Readiness: _____
My Academic Strengths: _____
Personality: _____
 Values: _____ Work Interest: _____
 Skills: _____ Leisure: _____
- Identify majors with their related career paths:**

Majors	Careers
1) _____	_____
2) _____	_____
3) _____	_____

- MCC Appointment Date:**
 _____ Time: _____
Appointment Topic: _____
Notes: _____
- Event Name:** _____
Date: _____ **Time:** _____
 What did you learn from this event & how you will use it to reach your career goal: _____
- Activate your account on **Jobs4Gators** www.uhd.edu/jobs4gators.
 - Username: same as UHD Blackboard login
 - Password: same as UHD Blackboard
- Login to **CampusGroups** at <https://uhd.campusgroups.com/> with your UHD username and password. List 2 organizations you will explore.
 1) _____
 2) _____

Choose 1 to join!
- List one "go-to" person and communicate with them!
 Ask for advice, start a study group, maybe volunteer with them
Name: _____
Organization/Dept/Class: _____
Phone #: _____

Build your Workplace Readiness Skills!

RESOURCES

<u>RECOMMENDATIONS</u>	<u>POSSIBLE RESOURCES</u>
<p>Get help in selecting an academic program Discuss the qualifications for occupations Discuss job market for college graduates Get help selecting an occupation Discuss advantages/disadvantages of occupations</p>	<p>Academic Advising (N320) Gator Success Center (N310) Davies COB Career Center (B104) Main Main Career Center (S402)</p>
<p>Discuss attitude toward school Discuss an unwanted habit Discuss personal relationships & social life Discuss family problems Discuss emotional tensions Discuss unhappy feelings</p>	<p>Counseling Center (S445) Center for Equity, Diversity & Inclusion (S370) Health Center (S445) Sport & Fitness (SLC) Disability Services (GSB314)</p>
<p>Get help with exam skills Get help with study habits Get help with writing skills Get help with basic math skills Get tutoring in selected areas Get help with reading skills Get help with foreign language skills Get help with science skills Get help with statistics & research</p>	<p>Supplemental Instruction (S405) Math & Statistics Center (N925) Writing and Reading Center (N925) Mentoring (N310) Success Strategies (N310) Library / Library study rooms (N400) Disability Services (GSB314) Foreign Language Lab (N950) Science Learning Center (N604) Social Sciences Statistics Lab (N1085)</p>
<p>Get help meeting new friends Get information about student activities Get advice from an experienced student Get information about clubs and social organizations</p>	<p>Student Activities (S204) Veteran's Services (GSB318) Sports & Fitness (SLC) Study Abroad (S370C) Center for Diversity, Equity, & Inclusion (S370)</p>
<p>Obtaining a loan Obtaining scholarships Get help finding a part-time job Finding a Summer Job</p>	<p>Financial Aid & Scholarships (S330) Davies COB Career Center (B104) Main Main Career Center (S402)</p>