Reflect on these questions and then schedule and appointment with a Career Counselor to review and develop a plan of action.

**CONNECT ON CAMPUS**
Have you joined at least one Career Community?

What clubs and organizations appeal to you?

**DISCOVER YOUR STRENGTHS & INTERESTS**
What topics and/or issues would you like to explore beyond the classroom?

Think about an experience you are proud of. What skills did you use/gain?
*Select 2-3 skills from the list below.*

What interests or skills would you like to develop in the future?

**EXPLORE MAJOR & CAREER OPTIONS**
How committed do you feel to your major? Are you interested in any others?

Name one person you would like to talk with about their career:

**BUILD SKILLS EMPLOYERS ARE LOOKING FOR:**
Learn more on the UW-River Falls Career Services website.

- CRITICAL THINKING
- COMMUNICATION
- TEAMWORK
- TECHNOLOGY
- CAREER & SELF DEVELOPMENT
- PROFESSIONALISM
- EQUITY & INCLUSION
- LEADERSHIP
**FIRST YEAR: EXPLORE**

**REFLECTION, RESOURCES, AND ACTION:** Consider the suggestions below and your responses to the questions, then craft goals based on what you are learning about yourself and the world of work.

<table>
<thead>
<tr>
<th>CONNECT ON CAMPUS</th>
<th>DISCOVER YOUR STRENGTHS &amp; INTERESTS</th>
<th>EXPLORE MAJOR &amp; CAREER OPTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Join a Career Community with Career Services</td>
<td>• Take self-assessments; review your VIPS</td>
<td>• Wisely choose your elective classes to spark career interest</td>
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<tr>
<td>• Update your profile on Handshake</td>
<td>• Learn by doing internships, volunteering, and on-campus employment</td>
<td>• Read factual career knowledge and talk to alumni about careers</td>
</tr>
<tr>
<td>• Join clubs and organizations to develop your personal skills</td>
<td>• Enroll in XXX</td>
<td>• Attend 2 or more career-related workshops or events</td>
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</tbody>
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**GOALS FOR MY FIRST YEAR:**

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<tr>
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**PLANNING AHEAD:**

<table>
<thead>
<tr>
<th>FALL/WINTER TERM</th>
<th>SPRING/SUMMER TERM</th>
<th>NEXT YEAR</th>
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