

ACADEMIC and CAREER GUIDE

FRESHMAN YEAR

Academic – Explore the University

- Read the university catalog
- Meet with your assigned Academic Advisor
- Meet with your professors
- Set realistic academic goals
- Take core curriculum classes
- Attend free workshops on study skills, time management, note-taking, etc.
- Get a mentor for on-campus support
- Identify major fears about college and strategies to cope with those fears by talking confidentially to a professional counselor in the Student Health Center



Career – Explore Career Areas

- Talk with career advisors and professors about career options
- Identify past accomplishments, skills and abilities, and career values
- Set career goals
- Make a career plan with a career counselor
- Take several career inventories (interests, skills, work values, personality)
- Join campus organizations that relate to potential career options
- Learn about the job market nationally and locally
- Investigate career-related employment, internships, or volunteer opportunities
- Get a professional mentor for help in choosing a career
- Research career alternatives to learn current information about your choices
- Make a tentative decision on a career major and an alternative

What is important to you? How much money do you need for the lifestyle you desire? What careers match this amount? Go to <http://www.lmci.state.tx.us/realitycheck/> for a [Reality Check](#).

Also, take advantage of the free online resources available through General Studies' website: [Exploratory Students](#) or [Student Resources](#) tabs.