

# S.O.A.R. The Four-Year Plan – Self-Assessment, Occupational Exploration, Actual Decision Making, Results

## **Freshman Year Self-Assessment**

**Explore academic interests** by taking a variety of courses.

**Meet with career advisor** and determine if self-assessment inventories would help narrow down your interests, strengths and values. The MBTI, SII and StrengthsQuest are available in the Center for Career and Calling.

**Gather information about majors/ careers you are interested in:**

- “What Can I Do With A Major In...” sheets are displayed at the Center for Career and Calling.
- The Occupational Outlook Handbook and O\*NET have specific information on career options.
- Interview professors in majors that interest you.

**Volunteer/shadow activities** that interest you. Use your breaks — winter, spring and summer — to either find jobs in areas of interest or volunteer in addition to working to gain experience and knowledge for the future.

**Create your free HANDSHAKE account.** This account will help you start exploring interests ... and then internships ... and finally jobs. **It is also needed to schedule appointments with Career & Calling.** You can create your account through the Career & Calling page on Asbury’s website.

## **Sophomore Year Occupational Exploration**

**Meet with career advisor to discuss resources & opportunities** that will help you further explore your graduate school and/or career-related interests. Brainstorm ideas for complementing your classroom learning with relevant experience to start filling the gaps in your resume.

**Learn about career paths** that are relevant to your interests in the following ways:

- Research career paths through resources such as the Occupational Outlook Handbook and O\*NET.
- Job shadow an Asbury alum or personal contact to get the insider’s view into a career.
- Conduct at least **three** informational interviews with professionals in your field of interest.
- Attend CCC events.
- Consider seeking a mentor to discuss path — faculty, employer, etc.

**Get involved** outside of the classroom through clubs & campus organizations. Choose activities that will allow you to gain experience and further develop your skills.

**Develop a base resume & LinkedIn profile.**

Consider finding an **internship or a summer job** that will help develop your marketable skills.

## **Junior Year Actual Decision Making**

Narrow your **occupation options:**

- Research and talk with professors and professionals about what type of experience is needed in your targeted field.
- Weigh the pros and cons of occupations.
- Continue to seek opportunities in areas of interest — shadow, volunteer, intern.

Consider your need to **continue your education:**

- Attend graduate school fairs and research various schools of interest.
- Meet with career advisor and/or faculty and go over choices and fit for graduate school.

**Update your resume & LinkedIn profile.**

**Intern** in a field you are seriously considering.

## **Senior Year Results**

**Decide to pursue a job and/or graduate school.**

**Job Search:**

- Develop and implement effective job search strategies.
- List cold and warm contacts and continue to network.
- Research organizations or potential employers.

**Graduate School:**

- Take GRE or other entrance exam.
- Research graduate schools and their requirements for admittance.

**Refine & tailor** your resume and LinkedIn profile, application materials, cover letters, essays to include specific examples and accomplishments from your experience.

**Sharpen your interviewing skills.**

**Be persistent.**

### **Always remember:**

The Office of Career and Calling is here to assist and help you during your entire four-year journey! E-mail [careerandcalling@asbury.edu](mailto:careerandcalling@asbury.edu), stop by Kinlaw Library, or call (859) 858-3511, x2401 for an appointment.