



Strategies for Freshmen & Sophomore Student Success

1. KEEP GRADES UP

Employers and graduate schools want candidates with good grades. That will probably never change. Doing well academically proves that you have a good knowledge base and a strong work ethic, a value that employers seek.

2. TAKE AN ASSESSMENT

Take TypeFocus, a free assessment instrument to explore how your personality, interests, skills and values align with careers. Then schedule a career counseling appointment.

3. ACTIVELY EXPLORE CAREER OPTIONS

- **Conduct Informational Interviews:** Talk with professionals in occupations of interest.
- **Job Shadow:** Observe professionals on the job.
- **Network:** Talk with alumni, attend career fairs and attend information sessions.
- **Research:** Read about majors/careers of interest.

4. GET INVOLVED

Active involvement in campus clubs and activities is highly valued by employers and graduate schools. Don't just join a club—become a leader, hold an office or coordinate an event to develop leadership and teamwork skills. Explore the Student Organizations on Runway.

5. GET INVOLVED IN COMMUNITY SERVICE

You live in a larger community than your college or hometown. Demonstrate your understanding of that by giving back to your community.

6. DEVELOP COMPUTER SKILLS

Show strong business communication, spreadsheet and presentation skills. Make sure your online presence demonstrates sound grammatical and spelling skills.

7. DEVELOP WRITING SKILLS

Companies and graduate schools expect strong writing skills among college graduates. Work at developing your writing skills. Take advantage of the UT Martin Writing Center for feedback on your papers. The cover letter or personal statement is often the first impression you make. Have a career counselor review yours.

8. COMPLETE AN INTERNSHIP

Internships help you build marketable skills and explore if certain careers are for you. When you intern for a company for three to four months, you gain a better understanding of whether the field (and company) is one in which you want to work. Internships are often a springboard to employment with many recruiters saying that when they need to fill entry-level jobs, they will only hire previous interns.

Internships are posted on Handshake.

9. DIVERSIFY WITH STUDY ABROAD/TRAVEL STUDY

The American work force is diverse. So, to be successful at work and in your life, stretch yourself and learn about people and cultures different than yours. Most people find it harder to take time to travel as they begin their careers and start families. Explore the UT Martin Travel Study/ Study Abroad website for year-round opportunities.

10. USE CAREER PLANNING & DEVELOPMENT

We can help you throughout your ENTIRE college career. Here is how Career Planning and Development can help:

- Choose and explore major, minor and career options
- Obtain a part-time job or internship
- Write a resume and cover letter
- Build a LinkedIn profile
- Develop interviewing skills with mock interviews
- Identify personality, interests, skills and values
- Develop a job search or graduate school plan
- Connect with prospective employers (career fairs, on-campus recruiting, Handshake, etc.)

Don't wait until your senior year to start developing and realizing your personal and professional goals. Let a career counselor help you today!



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