

First – Year Career Checklist: Career Self-Assessment

CEAT Career Services: ES 123

Hours: M-F 8:00-5:00 405-744-3858

ceatcs@okstate.edu

<https://ceat.okstate.edu/studentservices/career-services/>

Academic

- ☐ **Research majors and minors** in course catalog: <https://registrar.okstate.edu/>
- ☐ **Meet** with academic advisor
- ☐ **Meet with faculty** to learn more about your major(s) and/or minor(s)
- ☐ **Take a variety of courses**; explore your interests
- ☐ **Find a mentor** in a major you're considering
- ☐ **Investigate Study Abroad** opportunities: <https://global.okstate.edu/studyabroad/>
- ☐ **Visit the Mathematics Learning Success Center (MLSC)** to improve mathematical success: <https://cas.okstate.edu/mlsc/>
- ☐ **Visit the Writing Center** to improve writing skills:
<http://osuwritingcenter.okstate.edu/>

Activities/Leadership

- ☐ **Join clubs/organizations:** Hall Government, Relay for Life, SUAB, etc.
- ☐ **Peruse Campuslife** to find clubs/organizations: <https://campuslife.okstate.edu/>

Career Development: Self-Assessment

- ☐ **Activate your Job and Interview Portal Profile** at <https://careerservices.okstate.edu/>
- ☐ **Talk with a career consultant**
- ☐ **Identify your values, interests, skills, and personality preferences (MBTI):**
<https://careerservices.okstate.edu/students-alumni/career-major-exploration/career-assessments/>
- ☐ **Create a rough draft of your resume** and bring it in to CEAT Career Services to have it reviewed
- ☐ **Join Professional associations** such as AIChE, IIE, and SAE
- ☐ **Attend CEAT Career Fair**
- ☐ **Create a profile on LinkedIn**
- ☐ **Build career-related experience:** Non-paid internships, Work-Study, summer jobs, community service volunteering, and employment during winter breaks