Career Services
Virginia State University
Memorial Hall, 2nd Floor, Room 207
Telephone: 804-524-5211
www.vsu.edu/pages/301.asp

Freshman Year

(Explore and Be Inspired)

Self-Assessment and Career Planning Activities

- Consider college as preparation for your life.
- Enroll in core courses with help of advisors. Study hard and get good grades!
- Make a tentative selection of a major field.
- Get to know faculty, counselors and administrators.
- Engage in self-assessment exercises, if needed, to identify your personal strengths and weaknesses. Collect, analyze and evaluate information learned in your self-assessment to aid you in choosing a major consistent with your personality, abilities, skills, values, interests, academic training and life experiences.
- Actively explore the world of work by reading about careers and occupations and talking to people in a variety of occupations. Research careers using the Internet, books, magazines, and publications so that you can learn what those careers actually entail. It will also help you make informed choices regarding majors and career options.
- Begin to consider possible career choices. Talk with professionals working in careers that interest you. This is called an “informational interview.” Ask the individual to schedule an appointment with you for an interview at their convenience.
- Get involved! Take on leadership positions in student activities, organizations, and volunteer groups that can help you to develop your skills and interests.
- Visit Career Services and schedule an appointment with a career counselor to receive assistance with your career development and planning. Ask for assistance with landing that first internship or summer job.
- Register as a candidate to participate in “The Internship Program.”
- Register to attend Career Workshops, Information Sessions and Job Fairs.

Summer Activities after Freshman Year

- Engage in summer employment, an internship or part-time job that will help you develop professional work habits.