Career Services  
Virginia State University

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

Sophomore Year

(Develop Skills, Focus and Gain Experience)

Assessment and Exploration

- Take introductory courses in your major field.
- If you are still not sure regarding the major you want to pursue, schedule an appointment with a career counselor to discuss appropriate career assessments that will allow you to identify majors/careers that best suit you.
- Consult with faculty, counselors and administrators regarding career choices also.
- Self-Assessment: compile interests, strengths, skills, values, and abilities.
- Visit the Career Services office to develop a resume, cover letter and to receive other appropriate occupational and job-search literature.
- Research occupations/careers of interest. Make contact and networking lists. Investigate various jobs and sharpen your job-search skills. Become an active learner to develop the skills needed to be successful in your life and career.
- “Test-drive” career opportunities and gain career-related experience through internships, summer jobs, externships and volunteer work. Employers generally favor students who have had experience related to the field for which they are applying.
- Get involved! Take on leadership positions in student activities, organizations, and volunteer groups that can help you to develop your skills and interests.
- Meet with prospective employers in your career field through on-campus interviews, information sessions, and job fairs.
- Register as a candidate to participate in “The Internship Program.”
- Register to attend Career Workshops, Information Sessions and Job Fairs.
- Attend VSU’s 41st Annual Career Day on Thursday, October 6, 2011, Daniel Gymnasium.

Summer Activities after Sophomore Year

- Secure an internship or summer employment. Build a good work experience field and reference list. Develop maturity and knowledge about the workplace and what it takes to get ahead.