
Plan Ahead: How To Decide on the Next Step to Your Career!



Presented by Muir Peer Advisors and Career Peer Educators

UC San Diego
CAREER CENTER



Deciding

Deciding is an active time: you're exploring a variety of avenues and a multitude of career possibilities!

At the **Career Center**, we want to educate students about self-exploration through possible majors and careers, job search strategies, networking, resume writing, interviewing, etc. so students can independently develop a career path.

At the **Muir Academic Advising Office**, we want to help students start exploring their interests through the classes they can take, the majors they can explore, and the different resources they can utilize, both on campus and online.



How are my major and career related?

- Are you undeclared? Thinking about changing your major? Not sure of your career options?
 - Muir College Peer Advisors can advise you on your major options
 - Career Peer Educators can discuss your career interests and options as well as plans for graduate/professional school
- **We work together to help you figure out how your major and career can relate (though they don't have to!)**
- We want to make sure that you're on track to graduate and are succeeding in your classes, while also having a plan for post graduation and your future career
- Explore this website: **whatcanidowiththismajor.com**



Have you visited Muir
Academic Advising before?

What is a Muir College Peer Advisor?

- ▶ Muir College Peer Advisors are students that assist in advising first and second year students
- ▶ We can be found at the Muir Academic Advising Office, **HSS 2126**
- ▶ Some of our responsibilities include:
 - ▶ Assisting during walk-in advising hours
 - ▶ Answering questions through the Virtual Advising Center (VAC)
 - ▶ Presenting workshops on useful information and resources (such as enrollment, summer school, study tips, etc)



FAQs that Muir College Peer Advisors Address

- ▶ I would like to **plan my classes** but need help. Could you look over my proposed schedule/help me find classes to enroll in?
- ▶ I have questions about my **GE requirements**, can you help?
- ▶ I'm planning on taking **summer classes**. What are my options?
- ▶ I want to **drop a class**. When is the deadline and should I do it?
- ▶ I want to know more about **resources** available to me on campus. Could you give me more information about them?
- ▶ I am **undeclared**. What are the first steps I should take?
- ▶ And other questions on time management, study skills, first steps, etc.



How can the academic classes that I take at UCSD help me in my career?

Often times, taking classes can **open up new or unexplored pathways** that you may have not considered before. Whether it was a GE or elective course, these classes are ways for you to learn about new fields and studies that you may want to consider in terms of your career.

These classes in different subject areas can also **provide insight into and an innovative way of thinking about** your current field as well.

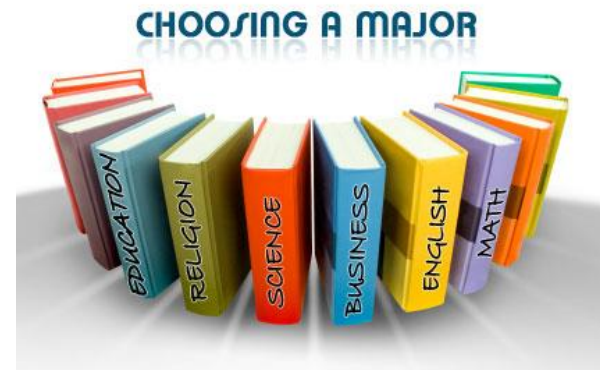


How can we help Undeclared Majors?

GE courses are always a good start in exploring different fields and classes. While staying on track by fulfilling College requirements, you are also able to see what different courses and subject areas are like, as well as which ones seem most interesting to you.

Besides your classes, we can also discuss **potential extracurricular activities and other resources** out there to help you better explore your interests and find a major that is right for you.

We may refer you to the **Career Services Center** to discuss your career interests and they can also help connect your career with a possible major.



What are some Career Center
Services/Resources you
know?

Career Center Services/Resources

We offer:

- Appointments with Career Counselors
- Walk-in Advising M-F 10-3pm
- College On-the-Spot Advising
- Workshops / Programs
- Career Fairs / Grad & Professional School Fairs

Visit career.ucsd.edu
for more information!

All these cover:

- Career Conversations
- Job & Internship Search
- Everything related to Career & Professional Development
- Resume/Cover letter Critiques
- Interview Preparation

How do you imagine your
daily lifestyle?

What is right for you?

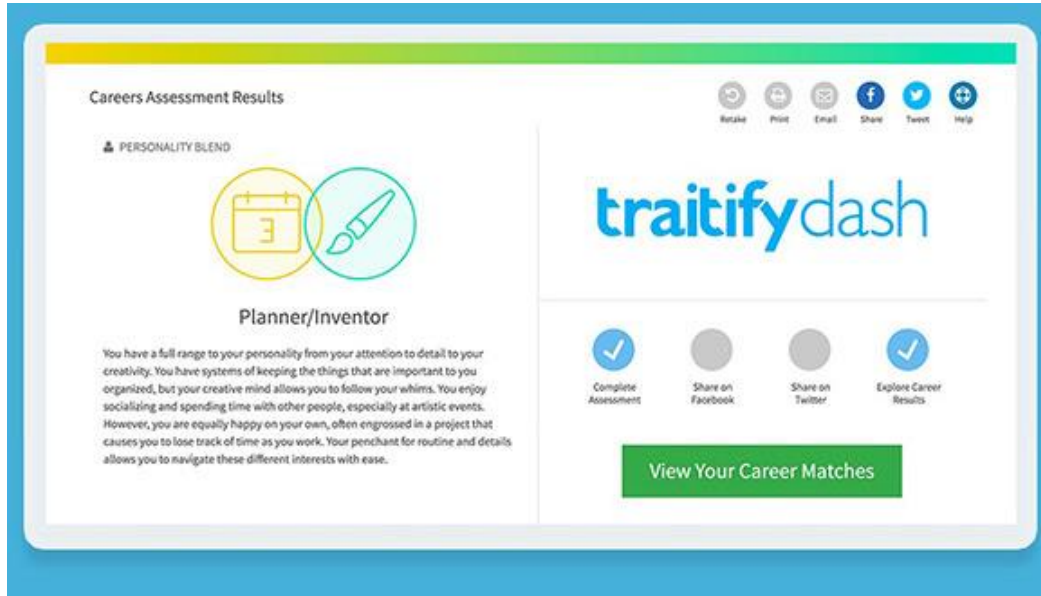
Start thinking about factors that are important to you

- Favorite subjects
- Helping others
- Impact on your future
- Upward mobility
- Security
- Income level
- Values



Traitify

-Quick 3 minute visual personality assessment that gives you a better understanding of your personality and allows you to make better decisions about career direction. This is also connected to onet.com which offers information on education level, salary and other traits about matched career opportunities.



Strengths Tests

-First step in helping people identify their talents. It identifies what you naturally do best. It provides customized results that name your unique talents. It shows you how you're special and how to succeed by turning your talents into strengths.



Exploring the Field

Reach out to professionals in the field!

- Classmates
- Professors
- Student Organizations
- Professional Organizations
- Linked-in
- Alumni Advisor Network

LinkedIn

Connect to Opportunity™

Alumni Advisor Network

powered by  Evisors

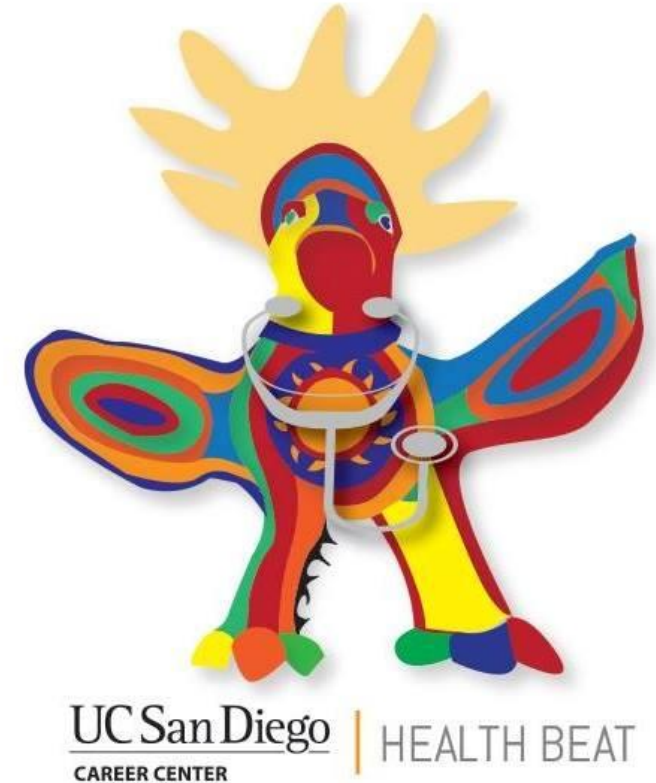
Join Today



Pre-Health / Pre-Med

Most medical and health schools have similar prerequisites, including the following:

- One year of general biology with lab
- One year of general chemistry with lab
- One year of organic chemistry with lab
- One year of physics, including labs
- One-two quarters of calculus
- One course in statistics
- One course in biochemistry
- One year of English composition or writing
- One course in psychology and sociology (Psych 1 and Soc 70)
helpful for the MCAT but not a prerequisite



Visit prehealth.ucsd.edu for
much more information!

Health Beat



Health Beat is the campus wide collaboration between all the pre-health/pre-med organizations on campus with the Career Center to provide you with the **most up to date information** concerning pursuing career in the health professions.

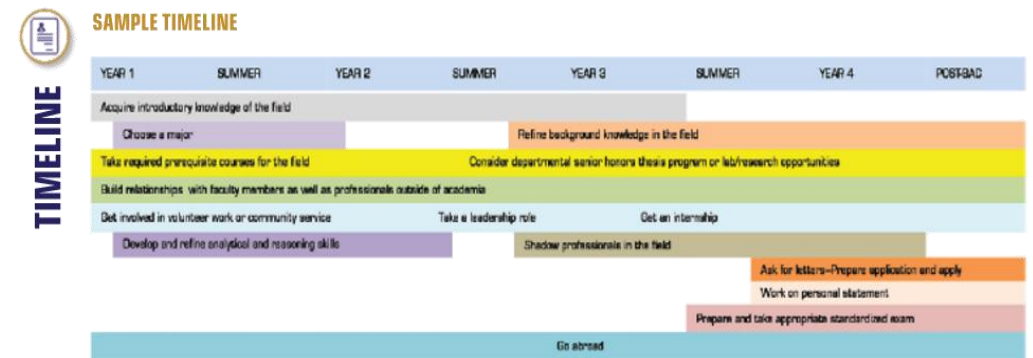
Follow them through email, event pages and the facebook page because there are always health related events.

Visit **prehealth.ucsd.edu** for a wealth of knowledge like the newly implemented Pre-Health Certified Co-curricular Record, how to find clinical experiences, exploring the professions, and applying to schools. Also on this page are constantly updated **drop-in hours** of our Pre-Health/pre-Med advisors so now you can also quickly walk in and get your questions answered.

Graduate School?

Before applying to a graduate or professional program, you should consider the following questions.

- Do you have a clear purpose and goal for attending graduate school?
 - What are my long- and short-term goals?
 - What is necessary for me to achieve these goals?
 - What are the benefits of not going to graduate school?
 - How will a graduate degree add or enhance my career path?
- What are your values, interests, and priorities for your career and life?
 - What kind of work and experiences do I find meaningful?
 - What tools and skills do I already have? Do I need to enlarge or expand these tools and skills in order to have a meaningful life?
- Have you researched the graduate school option in many different ways?
 - What are the different kinds of programs in my field and which will most benefit my goals?
 - What are the time and money investments to take on a graduate or professional degree? How will those affect me? Do I see myself succeeding in a graduate or professional program?
 - What can I do without a graduate or professional degree?
- Are you using graduate school to postpone making a career decision?
- Do you feel graduate school is the automatic 'next step'?



Visit “Explore Graduate & Professional Schools” in careers.ucsd.edu for more information about graduate school!

Visit the Career Center!

Make a Career appointment on PortTriton

Walk-In Advising:

Career Center Library

Mondays-Fridays

10-3 pm

College On-the-Spot Advising:

Check online at cpep.ucsd.edu for
current times



**ON-THE-SPOT
CAREER ADVISING**

CAREER PEER EDUCATORS AT YOUR COLLEGE

How do you think you can use these resources?

Our journey with these resources Muir College Peer Advisors...

Helen

I love the Muir College website as it clearly breaks down all the graduation and GE requirements. It also links to many other resources and FAQs. Walk in advising is also very helpful and convenient.

The Career Center's Guide has been super handy for me, especially with how to write a resume and cover letter, as well as career planning. The Career Center advising has also helped me with my pre-med questions and concerns.

Izze

One of the most helpful things for me is to talk with a live person. There is only so much that you can find out online. Muir Advising has walk in hours that are quite helpful, and the Career center does as well! Being able to talk about my ideas out loud and with someone else to help guide me is very important to me. They can help direct me to something I probably wouldn't have found on my own.

Lisa

I was always more of an online person and I liked to check different websites to see if I could find the answers to my questions there first and I frequently refer to the JMC website and the Career Services Center website for that reason. I have also had appointments with Muir College academic advisors in person to discuss my four year plan, and have used the "What can I do with my major" and other tabs on the Career Services website for assistance as well.



It Takes Two



Career Appointment through PortTriton

Walk-In Advising:

Career Center Library
Mondays-Fridays
10-3 pm

College On-the-Spot Advising:
in MOM

Check online at cpep.ucsd.edu for current times

Muir Academic Advising Office, HSS 2126

Walk-In Advising:

Walk-In Hours vary throughout the quarter, but an updated schedule and available times can always be found on:

<http://muir.ucsd.edu/academics/advising/index.html>

You can also schedule an appointment with an Advisor.