

S.O.A.R. The Four-Year Plan – Self-Assessment, Occupational Exploration, Actual Decision Making, Results

Freshman Year Self-Assessment

Explore academic interests by taking a variety of courses.

Meet with career advisor and determine if self-assessment inventories would help narrow down your interests, strengths and values. The MBTI, SII and StrengthsQuest are available in the Center for Career and Calling.

Gather information about majors/ careers you are interested in:

- “What Can I Do With A Major In...” sheets are displayed at the Center for Career and Calling.
- The [Occupational Outlook Handbook](#) and [O*NET](#) have specific information on career options.
- Interview professors in majors that interest you.

Volunteer/shadow activities that interest you. Use your breaks — winter, spring and summer — to either find jobs in areas of interest or volunteer in addition to working to gain experience and knowledge for the future.

Create your free HANDSHAKE account. This account will help you start exploring interests ... and then internships ... and finally jobs. **It is also needed to schedule appointments with Career & Calling.** You can create your account through the Career & Calling page on Asbury’s website.

Sophomore Year Occupational Exploration

Meet with career advisor to discuss resources & opportunities that will help you further explore your graduate school and/or career-related interests. Brainstorm ideas for complementing your classroom learning with relevant experience to start filling the gaps in your resume.

Learn about career paths that are relevant to your interests in the following ways:

- Research career paths through resources such as the [Occupational Outlook Handbook](#) and [O*NET](#).
- Job shadow an Asbury alum or personal contact to get the insider’s view into a career.
- Conduct at least **three** informational interviews with professionals in your field of interest.
- Attend CCC events.
- Consider seeking a mentor to discuss path — faculty, employer, etc.

Get involved outside of the classroom through clubs & campus organizations. Choose activities that will allow you to gain experience and further develop your skills.

Develop a base resume & LinkedIn profile.

Consider finding an **internship or a summer job** that will help develop your marketable skills.

Junior Year Actual Decision Making

Narrow your **occupation options:**

- Research and talk with professors and professionals about what type of experience is needed in your targeted field.
- Weigh the pros and cons of occupations.
- Continue to seek opportunities in areas of interest — shadow, volunteer, intern.

Consider your need to **continue your education:**

- Attend graduate school fairs and research various schools of interest.
- Meet with career advisor and/or faculty and go over choices and fit for graduate school.

Update your resume & LinkedIn profile.

Intern in a field you are seriously considering.

Senior Year Results

Decide to pursue a job and/or graduate school.

Job Search:

- Develop and implement effective job search strategies.
- List cold and warm contacts and continue to network.
- Research organizations or potential employers.

Graduate School:

- Take GRE or other entrance exam.
- Research graduate schools and their requirements for admittance.

Refine & tailor your resume and LinkedIn profile, application materials, cover letters, essays to include specific examples and accomplishments from your experience.

Sharpen your interviewing skills.

Be persistent.

Always remember:

The Office of Career and Calling is here to assist and help you during your entire four-year journey! E-mail careerandcalling@asbury.edu, stop by Kinlaw Library, or call (859) 858-3511, x2401 for an appointment.