Freshman through Junior Ten Steps to Success

Step Nine: Take Classes, Volunteer, Complete a Project, Shadow, Conduct Information Conversations, or Complete a Fee-based Program

While most undergraduates think summer is for “employment, internships, or research experiences,” other options can contribute to goal setting, skills building, and qualification expanding efforts that help with future internship, research, shadowing searches, and, eventually, attaining post-commencement goals.

**Taking classes, progressing one course at a time, enhances your potential for success.** Classes don’t have to be completed at “selective” and, likely, “expensive” institutions; and credits don’t have to be transferred to the University. Community and local college courses or seminars with titles that match targets, whether “marketing,” “advertising,” “public relations,” “sustainability,” “accounting,” “emergency medical technology,” “web design,” “grant writing,” and other field and function phrases would do nicely and strategically. Consider online and traditional field and function-targeted courses, seminars, and certificates that enhance potential for internship and, ultimately, job search success and grad school admissions. The earlier you set goals and make academic plans, the easier it is to use clusters, minors, and second majors as bridges to post-commencement success.

**Unpaid research, or project-oriented experiences or simple one-day shadowing** in education, business, healthcare, science, arts, and community service settings positively impact subsequent searches for internships, employment or admissions. Volunteering a few hours per week early in the summer, or in academic semesters, while still an “internship,” can lead to lengthier, more formalized and, perhaps, paid experiences later. Shadowing physicians, researchers, lawyers, bankers, and others for just one day are significant summer or academic year experiences. The more you volunteer and shadow, the more focused you become and more likely these experiences and relationships lead to significant internships or research experiences. Today, you may be asked to find ways to earn credit or transcript recognition, so check with one of our counselors regarding options and steps to take.

**Networking for information, by conducting information conversations** will eventually enhance networking for internship or post-bac job consideration. By initially asking career biographical questions and seeking information about fields and functions, you identify career role models. These individuals can, over time, and through follow up, become mentors and, eventually advocates, who help with efforts to find internships, research experiences and, ultimately, post-commencement goals. Often, they become internship, research, or shadowing experience hosts. A summer that involves courses, volunteering, shadowing and information conversation is very productive and, most definitely, positively impacts ultimate success!

**Sign up, pay up and show up fee-based internship programs may at first appear “too expensive,” but many are very, very well worth the investment.** For most, internships are imperative! Those who have established goals, yet who have taken few if any related courses, projects or internships, must explore a strategy that involves fee-based internship programs. Yes, this means freshmen and sophomores. “Sign up, pay up and show up,” fee-based domestic and international internship programs are very effective ways to relocate easily to a target city, have temporary housing for two to three months, and become a strong candidate to find internships the next time you look and, eventually, attaining field, function and firm post-commencement goals. Definitely explore these options!

To obtain skills building and qualification enhancing “experiences” . . .

1. Meet with a counselor to develop strategies and identify specific resources you should use.
2. Review and apply for part-time, volunteer and internship postings on CareerLink, Nationwide Internship Consortium website, through Dream Careers (summerinternships.com), Washington Center for Internships (twc.edu) Masa Israel (masaisrael.org) and other resources.

Gwen M. Greene Career and Internship Center

**OUR goal is for you to articulate and attain yoUR goals**

4-200 Dewey Hall • 585.275.2366• www.rocheser.edu/careercenter