HOW TO MAXIMIZE THE SUMMER
AFTER YOUR FIRST YEAR

SHADOW
Reach out to someone who has a job or works in a field you might be interested in and ask to shadow them for a day or two (or even a few hours) over the summer. Use this opportunity to learn more about what it's like to work in a certain industry and about a company culture. It could really help narrow your interests moving forward and believe it or not, shadowing is something you can put on your resume!

TALK TO PEOPLE
Not sure what you’d like to do when you graduate? Overwhelmed by options? Or just want to get the inside scoop on an industry you’re interested in? Find people (UR faculty and alumni, family, friends, upperclassmen, etc.) to reach out to, show genuine interest in what they do, and ask for about 20 minutes of their time to chat. Do some research on what they do, take it seriously and ask questions to help you learn about their career paths and ask what advice they have for you. Use resources such as LinkedIn and the Meliora Collective to help make contacts.

TEACH YOURSELF SOMETHING
Have you always wanted to become a better public speaker or learn Photoshop? The summer is a great chance to take an online course (many are free!), take some time to teach yourself a new skill and/or work on a personal project.

VOLUNTEER
Community service is not only a good thing to do for our society, but can be a great way to build skills like leadership, teamwork, communication and more- all of which look fantastic on a resume. You could also consider how to turn a volunteering experience into something more relevant to what you’re interested in long-term. For instance, if you’ve volunteered at a local animal shelter but are interested in marketing- why not ask if you could help take photos for their social media page? Or help publicize an event?

GET A SUMMER JOB
Working as a camp counselor, lifeguard, or a retail job may not seem “career related” but in reality many summer jobs help to build competencies and transferable skills employers will be looking for. The summer after your freshman year can be a good time to relax a bit, save some money, and you can always combine a part-time job with some of the other above mentioned tips.

INTERNSHIP
Out of the classroom experience is certainly crucial over your time at UR, but formalized internships or research positions can be very competitive and tend to be more difficult for rising sophomores to secure. However, browse through Handshake for internship postings to get familiarized with what’s out there and know what you’ll need to be competitive either now or in the future. Consider proactively reaching out to places/employers of interest (could be close to home) to ask if they would consider taking an intern or if you could assist on a short-term project, even if they don’t have a posting. It doesn’t hurt to ask! If you don’t land your “dream internship” this summer- don’t fret, there are other ways to start building your resume, skills and network so that you’re more prepared for the following summers.

USE RESOURCES
Get to know yourself (skills, interests, values) and explore career options by spending about 20 minutes on the Career Explorer career assessment at http://rochester.careerexplorer.com. Resources like Career Explorer, Vault and others found within the Handshake resources section can help you discover your potential, make better career decisions to develop next steps when you return as a Sophomore.