

## Recommendations for preparing for a career as a sophomore

Similar to the advice given to freshmen, much of what you will need to do to prepare for a career as a sophomore is exploring all of your options fully and being flexible and open about your possibilities. Continue to remember you are networking and trying to build up a reputation and online presence of someone others would want to hire.

In addition to the advice given to freshmen, here are some unique pieces of advice for your sophomore year:

- Begin to get to know your professors by going to their office hours, talking in class, or getting involved in their labs (if possible). (You will need 3 people who can be references for most jobs; you want them to be able to provide you with a strong reference because they know you well.)
- Continue being open to changes in your career ambitions and recognize that you will learn valuable information and skills even if you are pursuing a path you do not ultimately go down.
- Once you have a good idea of what career (or type of career) you might want, explore the qualifications employers want their employees to have to obtain that job. You can do this by searching for current job ads for that position.
- Once you know the specific qualifications employers look for when searching to fill that position (e.g., a B.A. in Psychology or a related field; familiarity with Microsoft Office programs; Excellent communication and administrative skills are necessary), make a plan for how you can obtain those qualifications. Some qualifications are vague (e.g., "Excellent communication and administrative skills are necessary."), so you will need to think about what skills you could obtain that would be considered to meet that vague qualification. For instance, taking classes which include speaking (such as flipped classrooms or classes with oral presentations) would help you practice communication skills, as would being a member of clubs where you are talking to other members, or working at a job that involves customer service. Use the knowledge you have gained from your psychology courses to set your goals and work toward them. If you have not yet covered this in your classes, research goal-setting. Here are a few links to help:
  - <http://www.apa.org/helpcenter/lifestyle-changes.aspx>
  - [http://success.oregonstate.edu/sites/success.oregonstate.edu/files/LearningCorner/Tools/goal\\_setting\\_worksheet.pdf](http://success.oregonstate.edu/sites/success.oregonstate.edu/files/LearningCorner/Tools/goal_setting_worksheet.pdf)
- Continue to take advantage of resources available to you and your breaks to further explore potential careers and prepare for your career goal.