FIRST-YEAR PROFESSIONAL DEVELOPMENT PLAN

QUESTIONS TO CONSIDER

What activities did you like in high school?
What classes interest you most?
What are your skills, values, and interests?
What doesn’t interest you?
How can you get involved in the Penn community?

THINGS TO DO

☐ SETTLE into campus and academic life
☐ FIND appropriate campus resources (Learning Center, CAPs, Cultural Centers, etc.)
☐ DEVELOP relationships with RA, TA, upperclassmen, and professors
☐ DISCOVER career options with different majors
☐ FOLLOW Career Services on Twitter, Facebook, Instagram
☐ SUBSCRIBE to industry, pre-health, pre-law, and pre-grad email lists
☐ EXPLORE career interests, strengths, and your personality through Career Assessments
☐ REGISTER on Handshake and iNet to review career-related opportunities
☐ SUBMIT a resume and cover letter for digital review
☐ MEET a career and/or pre-health advisor to create individualized action plan
☐ ATTEND career-related events (career fairs, industry panels, and career development workshops)