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 by seeing what other Penn students have done
☐ SUBSCRIBE to industry, pre-health, pre-law, and pre-grad email lists via Handshake
☐ EXPLORE career interests, strengths, and your personality through career assessments
☐ REGISTER on Handshake to customize your account and see career-related opportunities
☐ SUBMIT a resume and cover letter for digital review
☐ MEET a career and/or pre-health advisor to create an individualized action plan
☐ ATTEND career-related events (fairs, industry panels, & career development workshops)

www.vpul.upenn.edu/careerservices