

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)