SOPHOMORE CHECKLIST

Exploration
Begin researching careers and industries by shadowing, interning, and talking to alumni.

REFLECT & DISCOVER

☐ Check out the self-assessment worksheets on the Career Center website to understand how your interests, skills, values, family, and cultural identity can influence career choice. You can also register through our website to use FOCUS 2 - a self-paced, online, interactive tool designed to help you assess your VIPS (Values, Interests, Personality and Skills), and explore possible majors and careers. Review your results with a career advisor.

☐ Register for the fall ExCollege course for sophomores called Personal Career Development.

☐ Consider which courses you have most enjoyed and why as you focus on declaring a major.

EXPLORE

☐ Research careers, industries, and majors using resources on the Career Center website.

☐ Learn how to fund unpaid internships by attending a Career Center Internship Grant Information Session. Review the TIP Book (Tufts Internship Profiles) online for ideas and advice.

☐ Participate in the Sophomore Career Seminar and Tufts career and internship fairs throughout the year to learn more about future options and to practice networking.

☐ Arrange for informational interviews with alumni and others to discuss how potential majors might connect with professional experiences. Interview juniors and seniors about their experiences with their chosen majors.

☐ Become a member of the new Tufts Career Networking Group on LinkedIn to connect with thousands of alumni and learn about their career paths.

☐ Investigate study abroad options by attending an information session and talking with students who have returned. Consider how to blend major requirements with your time abroad.

☐ Review our weekly eNews email, Career Events flyer, and blogposts to stay updated.

PREPARE/GAIN SKILLS & EXPERIENCE

☐ Apply for an internship during the academic year or summer to gain practical experience. Before the internship, meet with a Career Advisor to review ways to make the most of your internship experience.

☐ Consider requirements for graduate school and begin organizing materials and planning ahead for what you will need.

☐ Enhance your leadership development by considering on-campus opportunities through the many student organizations, centers, and clubs that are available to you.

☐ Update your resume with the skills gained from your internship or other experience.