



A Johnny's Journey to Success First-Year Students ~ Connect and Evaluate

Academic

- Meet with your University Freshman Center advisor to select courses aimed at possible career interests
- Talk with professors and advisors about course work and internship requirements
- Consider participating in Discover the World or a semester abroad
- Visit the Library, Learning Commons and Institute for Writing Studies and seek assistance
- Explore graduate programs in your field of interest. Research pre-requisite course requirements
- If applicable, renew your FAFSA
- Log into MySJU and review your Academic Advisement Plan

Career

- Complete your profile on Handshake (stjohns.joinhandshake.com)
- Make an appointment to visit University Career Services to understand your skills, values and interests, and how these relate to your career decisions
- Attend career fairs, academic events, employer events and presentations
- Explore Career Services resources on MySJU, including "What Can I do with This Major?"
- Draft your resume and have it reviewed by Career Services
- Establish a professional online presence: review your Facebook page, begin developing your ePortfolio and create a LinkedIn profile
- Utilize social media (e.g., Twitter and LinkedIn) to stay up to date on current events and news within your possible career fields.
- Participate in a mentoring experience (i.e. C3: Creating Career Connections, RISE, Project AIM, etc.)

Campus Community

- Join at least one club or professional student organization and meet people on campus
- Participate in a service event (SJU Serves, Vincentian Service event or Plunge)
- Visit StormSync (OrgSync) and explore the opportunities to get involved
- Show your spirit and participate in traditional events (i.e., Tip Off, Winter Carnival, Relay for Life, Mass of the Holy Spirit, University Service Day) and athletic events
- Apply for a Peer Leadership Position – SGI, RA, OL, Career Peer, Diversity, Wellness, Peer Ministry, VITAL, etc.

Health, Wellness & Spirituality

- Participate on an intramural team and a group fitness class
- Participate in a multicultural affairs event
- Check out the "It's On Us" webpage (www.stjohns.edu/itsonus) and sign up for a workshop
- Reflect on any successes and missteps you've experienced along your journey
- Consider participating in a Campus Ministry retreat, interfaith ministry or prayer opportunities