

4 Years to Career Success Health and Kinesiology

First Year

- Explore your career goals, interests, values and skills. Write them down and discuss with your advisor, a faculty member, mentor, or a CCO career coach in the [Center for Career Opportunities, or CCO](#) to formulate your career plan.
- Find out your Top 5 myStrengths results by attending a [Strengths 101 workshop](#). Identify your top strengths and how you can use them in your college and career success planning.
- Explore your career options with your major in HK 13500. Conduct [job shadows](#) or [informational interviews](#) with professionals in your chosen profession.
- Identify your learning style and adjust accordingly as you transition to college courses. What are your study habits? What strategies help you learn best? Visit the [Academic Success Center](#) for tips to studying smarter with resources like workshops, supplemental instruction, and peer coaching.
- Focus on doing well in courses, especially science and math courses, to maintain a strong college GPA. Seek out available resources like [the help centers and tutors](#).
- Develop a four year academic plan including [study abroad/research/etc.](#)
- For pre-professional students, research schools, attend the Spring Health Programs Expo and learn admission requirements (min GPA, pre-requisite courses, volunteer hours, etc.)
- Get involved [in campus organizations and clubs](#) (OT/PT Club/ [HK Club](#), PETE's PALS, etc.)
- Identify volunteer and job shadowing opportunities; keep detailed records of your hours and [reflect on what you learned in each experience](#).
- Create [your LinkedIn profile to build a professional social media presence](#). Connect with professors, advisor, mentor, fellow students, groups, and professionals in the field to build relationships.
- Be mindful of your entire social media presence as a young college professional seeking to enter the field. Use [Diligence Lab](#) to assess your current social media presence.
- Visit [the Center for Career Opportunities \(CCO\)](#) - to create an updated college resume, [use VMock](#) to analyze your resume for additional edits. Once updated, visit the CCO for personalized feedback.

Second Year

- Review your career goals and re-evaluate your interests, values, and skills based on courses taken and summer experiences. Again, write them down and discuss with your advisor, a faculty member, mentor, or [a CCO career coach](#) to update your career plan. Identify career goals for year two and inform your academic advisor.
- Consider adding [minors](#) or [certificates](#) to your academic plan
- Learn how to practice using your strengths in a team setting by attending a [Strengths 201 workshop](#).
- Update your LinkedIn profile and continue to build your connections.
- For pre-professional students,
 - Look at [online resources](#) available through the Office of Pre-Professional Advising and visit their office at least once a year to talk with a professional about your progress

Second Year - continue

- Continue to research schools and admission requirements; they could change and schools have different admissions requirements
- Attend the [Spring Health Programs Expo](#) to speak with school
- Continue to job shadow in settings that interest you
- Get involved in your [student organizations](#) by being a part of projects/events or take on a leadership position
- Continue volunteer/clinic-related activities and record each event as well as [reflect on what you observed/learned](#).
- Look for [HK research opportunities](#) with faculty and email professor's whose topics interest you.

Third Year

- Review your career goals. Re-evaluate your interests, values and skills based on past experiences. Discuss with your advisor, a faculty member, clinical instructor, mentor, or [a CCO career coach](#) to update your career plan. Review GPA and competitive requirements for career goals.
- Explore what your strengths means by attending a [Strengths 301 workshop](#) and learn how to use in your career plans.
- If interested, get involved in [research](#) with a faculty member.
- For pre-professional students,
 - Have most of your pre-requisite courses completed by the conclusion of your junior year. Many schools have a limit on the number of pre-requisite courses not completed at the time of application
 - Become familiar with the centralized application process for the schools you wish to apply to
 - Start application summer after your junior year. Application is made available the beginning of July
 - Request letters of recommendation by mid-summer after your junior year
- If planning on graduate school/professional program:
 - Begin GRE or appropriate aptitude test preparation based on plans to attend graduate school or professional program
 - Identify 8-10 schools to apply to, try to visit them, check application and admission requirements
 - Identify the faculty members and working professionals in the field that can write strong professional recommendation letters citing your skills and qualifications for graduate school /professional program.
 - For those wanting to continue their education, prepare to take any entrance exams during the Spring semester of your junior year, or earlier
 - Develop parallel plans, be flexible
- Seek a leadership position(s) with a [student organization](#)
- Continue to seek out [shadowing](#) and internship opportunities related to your desired profession
- Update your LinkedIn profile and continue to build connections
- Engage with alumni and attend events on campus related to internships and jobs

Fourth Year

- Review your career goals. Re-evaluate your interests, values and skills based as you go into your final year based on courses and experiences. Discuss with your advisor, a faculty member, clinical instructor, mentor, or [a CCO career coach](#) to update your career plan. Review GPA and competitive requirements for career goals.
- Plan to spend equivalent of semester “coursework” preparing applications in fall. Consider [taking BIOL 39600 Pre-Health Planning Seminar](#), a 10 week course devoted to preparing for graduate school/professional program admissions.
- Reach out to faculty, clinical instructors, and mentors to ask for letters of recommendation at start of fall semester. Consider who has witnessed you demonstrate your preparedness for the academic rigor and aptitude required to successfully complete a program.
- If going to graduate school/professional program update your resume into a CV with the [Center for Career Opportunities, or CCO](#), the [Online Writing Lab \(OWL\)](#), and then seek feedback from your faculty mentor.
- Stop by a [Strengths Break](#) to chat about your Top 5 Strengths and discussing them in the next career step. Reflect ways to incorporate examples into your personal statement, cover letter and interview answers.
- Utilize your Strengths to write your personal statement of intent/personal statement if applying to graduate school/program programs. Allow time to seek feedback from multiple sources: faculty member and mentor, [Office of Pre-Professional Advising](#), and [Online Writing Lab \(OWL\)](#), as each will provide different insights.
- If seeking a job:
 - Update [your myCCO account](#) by uploading an updated resume and setting up job search alerts.
 - Identify industry fields, companies, and career titles in your target area of interest. Use your LinkedIn and Purdue alumni network to build your relationships through informational interviews.
 - Attend [on campus](#) and virtual career fairs to meet with employers needing candidates with your acquired skill set.
- Practice enhancing your skills to talk about your experiences and strengths using [Big Interview](#), a virtual interviewing platform, for job or graduate school interviews. Then schedule a [Peer Mock Interview](#).
- Update your LinkedIn profile and continue to build connections
- Be prepared for virtual interviews, or to travel to schools or companies for in-person interviews