

Checklist for

FRESHMAN

“Who am I?” and “What are my interests, skills and values, and how do they connect with my major and future career goals?”

During your first year at Eastern Nazarene College, Career Services located at the Brickley Center, is a great place to begin exploring your interests, skills, abilities and values. Whatever you do, don't fall for the assumption that you have to have it all figured out when you come to college. Find out what majors and career fields might be a good fit for you. Start early, and visit us as often as necessary! Here are resources available to you during your first year.

◇ **One on One Career Counseling Sessions**

Talk with one of our career counselors about where you are and what you'd like to explore.

◇ **Assessment Inventories**

We offer a variety of free assessment inventories to help you determine your interests, abilities and personality preferences. Results from these inventories are interpreted by a counselor and used to identify possible career fields.

◇ **“What can I do with a major in?” and “Major to Career Converter” Resources**

These information sheets and websites will give you a broad overview of what you can do with a particular major. We also provide information from the Occupational Outlook Handbook which helps describe occupations, the education requirements, salary expectations and outlook on the job market. Visit this website for more info:
<http://www.bls.gov/oco/>

◇ **Internships**

Start thinking about connecting your education with career related experience through the internship program, available to sophomore, junior and senior students. Please contact or visit the Brickley Center to speak with Krista Bogertman, Assistant Director of Career Services, about the internship process, forms and available internship sites.

◇ **Career Services Resource Library**

Check out books, magazines and related material to explore occupations and career fields related to specific majors.

◇ **Career Center Website**

For information on our services, upcoming events, career-related resources and more, browse through our website: http://www.enc.edu/org/brickleycenter/career_services.html

Career Services

The Brickley Center

745-3895 or ext. 3895 (alt ext 3892)

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M-F, 9:00am—5:00pm