

## I'm a First Year Student - How Can the Becker Career Center Help Me?

**You feel like you have no idea what to do with your life, you're unsure of your major or you're not sure which career path is right for you.**

- ✓ We can consider doing an **assessment** that helps you identify interests and personal values that will help determine your academic major and career path. Assessments offer **suggestions on majors, clubs and students organizations, as well as future jobs that fit with your assessment results.** We will walk you through the **career exploration** process, where you can research potential career paths that align with your interests, skills and values.

**You want to find an internship or you're thinking about employment or graduate school in the future.**

- ✓ We can teach you how to effectively use **online databases** to search for internships and graduate schools. We'll give you access to several internship search databases, including HireU, where employers are looking to hire Union students.

**You need to prepare professional documents to apply for an opportunity.**

- ✓ We can help you create or review your **resume, cover letter, personal statement and professional emails** while tailoring them for each internship or graduate school that you apply to.

**You want to network and build connections at a social gathering, a career fair, or with Union Alumni.**

- ✓ We can teach you effective **networking strategies** through 1-1 meetings and our **Guide to Networking** which gives you tips, email drafts, and a suggestion of **key questions** to ask while networking. You can also attend one of our **Career Fair prep sessions**, which occur throughout the year. We'll connect you with Union Alumni through UCAN and **teach you how to reach out to them to learn and build genuine relationships.**

**You are preparing for an interview.**

- ✓ You can meet 1-1 with an advisor to learn about **common interview questions** associated with the opportunity you're applying for. We will give you tips on how to answer the questions along with basic **interview etiquette.**

**You need to learn how to use LinkedIn or other social media platforms to improve your social media brand.**

- ✓ Attend our LinkedIn or "What is Your Social Media Brand?" workshops occurring throughout the year, or set up a 1-1 appointment with one of the Becker Career Advisors.

**You need help with something else related to your professional development or your internship or graduate school search and application process.**

We can help you. Call the Becker Career Center at 518.388.6176 to schedule an appointment or visit our website to further review our resources: <http://www.union.edu/offices/career/>

**Advice from recent Union graduates: "In order to be competitive, get started early!"**