# iCAP (Individual Career Action Plan)

**Career Services**

To prepare and empower you to achieve your career goals.

Name ______________________________________

Date ______________

**First Year EXPLORE**

*Learn about yourself and Career Services*

- Make your affirmation ‘selfie’
- Activate your [College Central Network](#) account
- Meet with a Career Advisor or a Career Peer Coach
- Explore “What can I do with this major?” and/or [My Next Move](#)
- Attend 1 Career Services event or join 1 student organization
- Create your college resume

**Second Year PREPARE**

*Plan your future life*

- Complete CFE 97 Career Prep Seminar
- Attend 1 Career Services event
- Volunteer for a leadership role
- Take an individual Career Services assessment
- Connect with 1 professional in your field of study
- Identify summer jobs, internships, global experiences

**Third Year EXPERIENCE**

*Participate and network with the ‘real world’*

- Participate in an academically-related work experience
- Attend 1 professional networking event
- Attend 1 Career Services event
- Create your LinkedIn profile
- Join a local or national organization related to your major
- (If applicable) Identify [graduate school](#) requirements/time line

**Fourth Year ACHIEVE**

*Set your plan in motion*

- Develop and implement your job search strategy and/or graduate education strategy
- Create a professional resume
- Create a list of professional references
- Schedule a mock interview
- Attend a Career Fair
- Schedule final wrap-up meeting with Career Services

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