

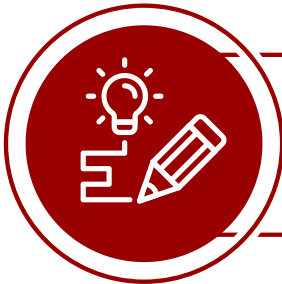
# ACT Plan

Assessment | Career Exploration | Take Action



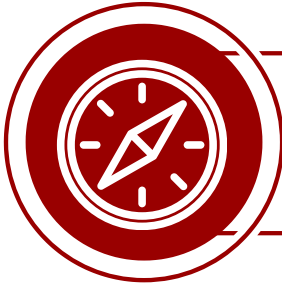
Resource Links

## ASSESSMENT



- Assess career interests
- Identify your career aim
- Articulate why the career aim is important to you

## EXPLORATION



- Research industries & professions
- Network with alumni
- Take on an internship, work, volunteer, or research

## ACTION



- Participate in career events
- Determine actions needed to support career aim achievement

## APPLICATION



- Devote 90 minutes to career actions 2-3 times a week
- Break down actions into smaller achievable goals

## REFLECTION



- Rest
- Reflect on your progress

## CELEBRATION



- Continue to act towards your career aim
- Celebrate your accomplishments
- Fight on

### Assessment Questions

Who are you?  
Who do you want to be?  
What do you want to do?  
How will others benefit from what you do?

### Assessment Tools

16 Personalities  
Career OneStop  
VMOCK CareerFit  
Myers-Briggs (MBTI)  
O\*Net Interest Profiler  
Career Counseling

### Career Exploration

Major  
Minor  
Electives  
Career Research  
Trojan Network  
LinkedIn  
Networking  
Informational Interviews  
Mentorship  
Jobs, Internships & Volunteer  
Service Learning  
Research

### Take Action

Attend Career Events  
Participate in Career Fair  
Develop Elevator Pitch  
Create LinkedIn Profile  
Draft Resume/CV  
Write Cover Letter  
Assemble Interview Attire  
Review Dining Etiquette  
Assess Job Offers  
Negotiate Salary  
Mock interviews  
Apply for Jobs & Internships