What do I do now?
Next Steps and Resources for First Year Students

You’ve completed your FOCUS assessments and have saved a list of occupations you’re interested in as well as areas of study, but where do you go from here? Begin exploring your career options and gain insight into what you will need to add to your career action plan by participating in the following:

**SHADOWING**

Job shadowing provides students an opportunity to "shadow" or connect with a business professional who has specific knowledge about an occupation or career in which the student is interested. Students observe responsibilities and tasks associated with the position and have the opportunity to ask questions about the knowledge, skills, talents and level of education required for the job. While the purpose of job shadowing is to gather career related information and expand networking contacts, it also allows students to build interviewing skills, become aware of trends in the field and see workforce technologies in action.

Check out more information online at [http://www.uab.edu/careerservices/explore-majors-careers/job-shadowing](http://www.uab.edu/careerservices/explore-majors-careers/job-shadowing)

**INFORMATIONAL INTERVIEWING**

Different from a job interview, YOU ask the questions, with a goal to gather the information needed to make a good decision. Identify people who are doing a specific job to discover what the job is really like before you commit your time, effort, and finances to pursuing it. Informational interviewing helps broaden your knowledge of the jobs you are exploring. Remember, you are not looking for a job, but confirming information about the occupation and developing contacts that may prove useful in the future.

To find out more about this process and sample questions to ask, go to: [http://www.uab.edu/careerservices/images/quicktips/Informational_Interviewing.pdf](http://www.uab.edu/careerservices/images/quicktips/Informational_Interviewing.pdf) OR The Career Planning Guide (page 7) at [www.uab.edu/careerservices](http://www.uab.edu/careerservices)

**VOLUNTEERING**

One of the best ways for a student to gain insights into a particular field or organization is to volunteer with them. There are countless opportunities for students to make worthwhile contributions to an organization and the community while at the same time gaining professional experience and important contacts in the field.

Explore the following websites to find out additional ways to get involved:

- **Career & Professional Development Services** [http://www.uab.edu/careerservices/volunteering-by-students](http://www.uab.edu/careerservices/volunteering-by-students)
- **Student Organizations** [http://main.uab.edu/Sites/students/life/leadership/organizations/club/](http://main.uab.edu/Sites/students/life/leadership/organizations/club/)
- **UAB Service Learning** [http://www.uab.edu/servicelearning/volunteer-opportunities](http://www.uab.edu/servicelearning/volunteer-opportunities)
- **UAB Health System** [http://www.uabmedicine.org/giving/how-to-become-a-volunteer](http://www.uabmedicine.org/giving/how-to-become-a-volunteer)

**CAREER AND PROFESSIONAL DEVELOPMENT SERVICES**

[www.uab.edu/careerservices](http://www.uab.edu/careerservices) | HUC532 | 934-4324

Stop by our office or check out our resources online as you begin (and continue) planning for your career!

- Dragon Trail – Job Board and Career Management System
- Action Plan (in Focus)
- Resume and CV Writing
- Interviewing Skills
- Mentoring Program
- Assessments
- Career Fairs
- Internships and Co-ops
- Workshops and Seminars
- Job Search Strategies
- On campus Interviews
- Career Consulting

START EARLY, FINISH STRONG!