

Rowan University
First-Year Writing Program
and
Career & Academic Planning Center

Self Assessment and Career Development: Your First-Year Action Plan

It's never too soon to start thinking about what you want to do after you graduate and to begin taking action to reach your goals! This CC1/iCC1 assignment is designed to help you take this step and begin making yourself more marketable to an employer, more desirable to a graduate program, or otherwise better prepared for future opportunities.

The assignment has two parts:

- **First**, attend a presentation on **Self-Assessment and Major/Career Exploration** by the Career and Academic Planning (CAP) Center. A schedule of these presentations is on the back of this page. If you are unable to attend one because of schedule conflicts, you may choose from the list of alternative activities, also on the back.
- **Second**, write a short paper that 1) summarizes where you are now in terms of career goals and development; 2) describes the presentation or activity you participated in; and 3) reflects on how the presentation or activity contributed to your development and explains what you plan to do over the next year to further your development.

The written part of the assignment should be about **one typed, single-spaced page** in length. It is **due during the last week of classes, December 7-11**, unless you are told otherwise by your instructor. Please make sure **your name, your instructor's name, and your course and section number** are on it and turn it in to your instructor.

You will need to provide verification of what you attended or participated in. Please fill out the information below and ask the sponsor, presenter, or another person officially associated with the event to sign in the space at the bottom. **Turn this sheet in with your completed assignment.**

Your name: _____ Banner ID# _____

Event attended: _____

Name of Sponsor/Presenter (please print): _____

Sponsor/Presenter Signature: _____

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Dates for CAP Center Presentations

Wednesday, October 28 th	Savitz Hall, Presentation Room	5:00 – 6:00 p.m.
	Savitz Hall, Presentation Room	6:30 – 7:30 p.m.
Thursday, October 29 th	Savitz Hall, CAP Center	11:00 a.m. – 12 noon
	Savitz Hall, Presentation Room	12:30 – 1:30 p.m.
	Savitz Hall, Presentation Room	2:00 – 3 p.m.
Friday, October 30 th	Savitz Hall, CAP Center	12:30 – 1:30 p.m.
Wednesday, December 9 th	Savitz Hall, Presentation Room	5:00 – 6:00 p.m.
	Savitz Hall, Presentation Room	6:30 – 7:30 p.m.
Thursday, December 10 th	Savitz Hall, CAP Center	11 a.m. – 12 noon
	Savitz Hall, Presentation Room	12:30 – 1:30 p.m.
	Savitz Hall, Presentation Room	2:00 – 3:00 p.m.
Friday, December 11 th	CAP Center – Savitz Hall	12:30 – 1:30 p.m.

Alternative Activities

<p>Center for Service Learning and Volunteerism - volunteer for a project! Check the CSLV website at www.rowan.edu/open/studentaffairs2/cslv/index.cfm and click on <i>Upcoming Projects</i> for information. Dates, places, and times vary.</p>		
<p>Annual Internship Fair. This event provides students and employers the opportunity to meet and discuss potential internship positions.</p>		
Tuesday, October 13 th	Student Center Ballroom	10:00 a.m. – 3:00 p.m.
<p>Federal Government Day - Explore career opportunities in government by attending the Federal Government Job Fair. Representatives from the federal government will be available to share information on employment opportunities within their agencies.</p>		
Thursday, October 22 nd	Student Center Ballroom	10:00 a.m. – 3:00 p.m.
<p>Disney College Internship Program Presentation - Attention students! Do you want the experience of a lifetime? The Disney College Internship Programs provides a unique opportunity for students to live, work and play at the Wald Disney World Resort near Orlando, FL or the Disneyland Resort in Anaheim, CA. Attend the upcoming presentation to learn more!</p>		
Thursday, November 12 th	Savitz Hall, Presentation Room	5:00 p.m. – 6:00 p.m.
<p>Study Abroad Fair - Want to live and learn in a foreign country? Attend the Study Abroad Fair to learn more about this exciting opportunity!</p>		
Tuesday, September 15, 2009	Student Center Pit	9:00 a.m. – 3:00 p.m.