



# The Four-Year Plan

During the time spent at Coe College, students will have more ownership than ever over how they navigate not only their day-to-day life but also how to scaffold experiences that lead to success and enrichment across a number of areas. For most students, this presents the first opportunity to operate in a highly independent environment. To that end, C3: Creativity, Careers, Community has developed the Four Year Plan, intended to provide students with guidance and recommendations that will help them make the most of their time at Coe. The items on this list are in no way exhaustive, nor should a student feel compelled to do every item in the year it is listed.

## First Year

The main priority of a first-year student is to manage the transition from high school to college. The coursework is more rigorous, and students also will need to adjust to new living arrangements, various interpersonal relationships and dynamics and a newfound sense of independence. Learning how to balance academic requirements with campus activities and a social life is an extremely important skill that will be essential for students to master in order to be successful throughout their time at Coe.

### **ACADEMIC SUCCESS**

**Explore your academic options.** With the assistance of academic advisors, choose courses that may help you explore a major or simply enroll in coursework that interests you and/or satisfies an education requirement.

**Develop strong habits that will improve your outcomes.** Skills such as time management, note taking, study strategies and actively participating in classroom discussions are essential to earning high grades.

**Visit the Learning Commons** to learn about the support they provide to help you with your coursework. College courses will be difficult and may require you to develop new habits in order to be successful.

**Review the academic calendar and registration process** to gain a better understanding of course registration, deadlines for adding/dropping courses and when midterms and finals will occur.

### **PERSONAL GROWTH**

**Begin establishing habits and routines that will keep you physically and emotionally healthy** throughout your time at Coe. This may include physical exercise, engaging in new hobbies or being intentional about making time for connecting with your peers.

**Join a student organization.** You can connect with others who share your interests, and it may allow you to serve in a leadership capacity in the future.

**Assess your personal values, interests and goals.** As you are exposed to new ideas and meet people with diverse backgrounds are you examining your own beliefs and forming your own opinions about the world around you and your place in it?

**Visit the Office of Student Success & Persistence,** your one-stop shop to help you navigate Coe and get connected with

the people, tools and resources you need to thrive. The office provides an inclusive, welcoming environment to empower you to successfully transition to Coe and through graduation.

### **CAREER DEVELOPMENT**

**Career insight can come from many sources.** Talk to a representative from C3, academic advisors, upper-class students, faculty/staff, coaches and/or alumni about majors, classes and potential extracurricular activities.

**Become familiar with Handshake** (Coe's job board), bookmark the C3 website and follow/like us on social media to receive the latest information on new opportunities and events.

**Complete an interest or skills assessment** to gain a better understanding of yourself in order to determine what on-campus or off-campus opportunities may suit you best.

**Make a list of previous jobs, volunteer experiences and courses you've taken.** Note what aspects you enjoyed in each experience and see if there are patterns that reveal your strengths and potential majors or career paths.

**Plan on applying to summer jobs that will provide you with an opportunity to learn about a career field** that interests you or develop transferable skills for later.

### **COMMUNITY ENGAGEMENT**

**Register to vote and commit to voting in every election.** Regardless of your political views, you should welcome the chance to lend your voice to help shape the future of our country, state and local community.

**Visit Coe's Office of Community and Civic Engagement** to see how you can become involved with community service activities and volunteer opportunities.

**Get involved on and off campus.** It's helpful to explore and learn more about different fields or topics to determine if it is a potential major or career choice.



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## Sophomore Year

Having successfully navigated the transition from high school to college, you can begin to shift your focus from transition to progression. Sophomore year is a time when most students declare a major and begin to engage more deeply with their topics of interest. Students also should begin the process of internship/grad school preparation, including creating a resume and/or CV (if not completed earlier), completing a job shadow or informational interview and making connections in an effort to expand your professional network.

### **ACADEMIC SUCCESS**

**Declare a major and map out your remaining time at Coe** with your faculty advisor to ensure you're meeting all departmental and college requirements.

**Reflect on your academic performance during your first year** and determine what, if any, changes you need to make. This may include creating a detailed schedule to help keep you organized, enlisting the help of a tutor for difficult classes or meeting regularly with faculty in order to discuss coursework.

**Consider if a double major or adding a minor is something that would be beneficial.** Discuss your thoughts with a faculty advisor or upper-class students to gain insight from their experience in order to make an informed decision.

**Investigate options related to Coe's May Term** as a way to explore new opportunities or complete necessary coursework.

### **PERSONAL GROWTH**

**Reflect on your values, interests, skills and abilities** and think critically about how these factor into your decision on choosing a major and/or a potential career.

**Continue your involvement with extracurricular activities** for personal and professional development with an eye toward leadership opportunities as a junior or senior.

**Seek opportunities that require you to get out of your comfort zone** in order to develop resiliency or gain new skills. Any progress you make will benefit you in both the short and long term.

**Investigate your options for studying off campus** in order to immerse yourself in a different culture or city. Coe offers a variety of international options as well as domestic locations including New York City and Washington, D.C.

### **CAREER DEVELOPMENT**

**Attend career-related programs or events**, especially career fairs and networking events.

**Join LinkedIn**, create a profile with the help of C3 and begin building a community by following companies or joining groups related to your interests.

**Meet with the C3 career specialist for your major** to discuss possible internship and/or employment options related to that subject.

**Work to create and/or finalize your resume** and meet with C3 staff to discuss possible revisions.

### **COMMUNITY ENGAGEMENT**

**Vote in any local, state or national elections** for which you are eligible.

**Participate in volunteer opportunities** on campus or within your community if you haven't already. This can be a great way to gain new skills and possibly lay the groundwork for a future internship.

**If available to you, earn your Federal Work-Study** award by serving at an approved local nonprofit.

**Pay attention to local, state and national news and learn to assess information for validity.** As a member of these communities, it is important to be knowledgeable about what events are transpiring off campus and how they may impact you or your loved ones.

**Consider participating in a Campus Compact AmeriCorps opportunity** either during the summer or following school year.



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## Junior Year

Junior year is one of the most important in terms of career/graduate school planning and preparation. By this point, most of your coursework is usually related to your major, and your academic performance may be a significant factor if you are considering graduate or pre-professional programs. This will be the last summer while in college to complete an internship prior to next spring's graduation, and you should be fully prepared with a resume, cover letter and interviewing skills. If you haven't engaged with any extracurricular activities, volunteering, internships or part-time jobs, it is crucial to consider these options as resume builders.

### ACADEMIC SUCCESS

**Select elective courses that will round out your academic experience** and develop different skill sets.

**Consider mapping out your final four terms at Coe** with your academic advisor to ensure you'll meet all the requirements and learn where you may have time to complete an internship.

**Research possible graduate schools** for specific admission requirements and prepare for entrance exams (GRE, MCAT, LSAT, GMAT, etc.).

### PERSONAL GROWTH

**Consider taking on a leadership position within a student organization** you have been a part of during your first two years.

**Complete a term off campus** either internationally or domestically to gain experiences with diverse populations in different settings.

**Continue to reflect on your values** to ensure the courses you're taking and activities you're participating in are in alignment with your desired outcomes.

Your junior year may be the most difficult you've encountered to date based on higher-level courses. **If you need support navigating the stress and anxiety, ask for help.** There are a variety of resources Coe can provide.

### CAREER DEVELOPMENT

**Consider your social media presence** from the perspective of an employer.

**Schedule an appointment with C3** to assess your career goals and evaluate if you are still satisfied with your career development approach. Re-assess your interests, values and skills as necessary.

**Attend on-campus and off-campus career fairs and networking events** (especially in the fall when many companies advertise summer internships).

**Join student chapters of professional organizations** to gain career information and to start networking.

**Expand your use of LinkedIn** to build your network, contribute to discussions in fields of interest and become active in groups to enhance your reach.

### COMMUNITY ENGAGEMENT

**Vote in any local, state or national elections** for which you are eligible.

**Complete a term serving with Campus Compact AmeriCorps.** This will allow you to develop personal/professional skills while also giving back to the local community. Meet with your faculty advisor and/or a representative from C3 to plan your final year.

**Find opportunities to remain connected to your passions** or the things that bring you joy. An athlete may consider coaching a local youth team. If you're missing a pet at home, serve at a local animal shelter or humane society.



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## Senior Year

As a senior, the focus should be on putting the finishing touches on an amazing college experience. Just like first-year students, you will find this to be a time of transition as you consider and finalize post-graduation plans.

### **ACADEMIC SUCCESS**

**Finish strong.** After three years of hard work, don't allow yourself to become complacent with regards to your grades in your final year.

**Confirm with your academic advisor and/or the Registrar's Office that your requirements for graduation are met.**

**Complete all necessary graduation documents** and work to address any other barriers to graduation (outstanding bills, missing assignments, practicum requirement, etc.).

**Complete the First-Destination Survey** to share your input from your time here at Coe, give a shout-out to faculty and/or staff and provide us with information on what's next.

### **PERSONAL GROWTH**

**Be intentional about making time for those who have impacted you during your time at Coe.** It can be as simple as meeting for coffee or dropping off a note thanking a faculty or staff member for their support.

**Continue to assess personal and professional post-graduation goals.** Spend time reflecting on what you want the next chapter of your life to entail. This can include alternate career paths, different places to live/work or relationships. Having an overall plan with some benchmarks will help you stay focused on both short-term and long-term goals.

**Formulate an alternative or "plan B"** in case you need to make last-minute changes to your post-graduation plans.

**Celebrate your achievements over the past four years** and be confident the skills and knowledge you've gained will serve you well in the future.

### **CAREER DEVELOPMENT**

**Consider relocation possibilities** and research potential cities/states where you may want to live/work.

**Use LinkedIn to connect** with students, faculty/staff and alumni before graduating. Establishing a strong network before leaving Coe may help you with future career opportunities from fellow alumni.

**Organize job-search strategies** for obtaining full-time employment. Use various resources for job searching. Handshake, professional organizations, websites and personal/professional networks all should be utilized.

**Join professional organizations in your field** and attend meetings and conferences.

### **COMMUNITY ENGAGEMENT**

**Vote in any local, state or national elections** for which you are eligible. If necessary, update your voter registration status to reflect a new address.

If you have time, strongly **consider off-campus opportunities** even if you have fulfilled your practicum requirement. This will provide you with an opportunity to work in a new setting and interact with employees and other volunteers from different demographic groups.

**Investigate opportunities to engage with your future community.** Many organizations have chapters across the country that may allow you to quickly become connected with your new community.

**If new to a community, consider using LinkedIn to identify other Kohawks.** This will help you connect to others with a shared experience and may help lead to other personal or professional opportunities.