



FIRST YEAR LOEB SEMINAR **MAKING MAMMOTH PLANS**

AGENDA

WELCOME & INTRODUCTIONS

DEFINING YOUR TARGET

BRAINSTORMING GOALS

FINDING THE RIGHT SUMMER EXPERIENCE
FOR YOU

REFLECTION: WILL THIS WORK FOR ME?

TAKING THE NEXT STEP

CREATING YOUR PLAN

CONCLUSION

BRAINSTORMING GOALS

Thinking through what you want to achieve or learn for the next year is a first important step to creating a plan for the summer because you can use your goals as criteria for evaluating the numerous opportunities available to you. Listen to the instructions given during the seminar to find out how to complete this chart.

THE PAST

HIGH SCHOOL - FALL 2017

THE PRESENT

FALL 2017 - SPRING 2018

THE FUTURE

SUMMER 2018 - SPRING 2019

EXAMPLE OF A COMPLETED CHART

THE PAST

HIGH SCHOOL - FALL 2017

- Became captain of the varsity football team.
- Promoted to first chair of first violin section of school orchestra.
- Tutored peers or young children every week and helped improve their math skills.
- Organized fundraiser at my school or in my community for a charity.
- Volunteered at a hospital during junior and senior year.
- Graduated from high school.
- Accepted into Amherst College.
- Travelled abroad with my family.
- Learned Mandarin Chinese.
- Participated in Model UN conferences with school club.
- Won a DECA competition senior year.
- Voted Vice President of high school student council.

THE PRESENT

FALL 2017 - SPRING 2018

- Finished the Fall 2017 semester with a GPA I'm proud of.
- Took an economics class and discovered I enjoyed the subject.
- Got a job as a teaching assistant.
- Became a member of GlobeMed.
- Working on a performance for the spring semester.
- Actively learning new computer programming language.
- Writing for the Amherst Student.
- Going to the gym regularly.
- Selected to be an Eco-Rep.
- Working on a short story or poem to publish eventually.
- Building great relationships with my peers and meeting new friends.
- Created my first resume and got it approved by the Loeb Center.
- Attended a thought-provoking on-campus speaker event that challenged me.

THE FUTURE

SUMMER 2018 - SPRING 2019

- Have my first experience doing neuroscience lab work.
- Find out what I'm good at and what I have a passion for.
- Gain some work experience in order to make me more competitive for internships.
- Gain a leadership role in a student organization.
- Become more comfortable speaking Spanish.
- Work on advancing a political or social cause I'm passionate about.
- I want to become a teacher, eventually, and want to develop my classroom teaching skills.
- Make enough money to support myself over the summer & for when I return to Amherst.
- Reconnect with my family and high school friends.

SUMMER EXPERIENCE RESOURCE GUIDE

EXPERIENCE	BENEFITS	CONSIDERATIONS	RESOURCES
<p>INTERNSHIPS: A temporary, structured opportunity that allow students to apply classroom learning in a real-life setting, to develop skills and to receive guidance from a professional in their given career fields of interest.</p>	<p>Get inside-scoop on career field of interest to decide if it's the right path for you.</p> <p>Gain the skills and knowledge to be competitive in the job market.</p> <p>Potentially position yourself for a job at the company after graduation.</p> <p>Develop new professional contacts.</p>	<p>Many internships are unpaid or low paying.</p> <p>Employers want interns with some demonstrated experience.</p> <p>Both the search process & the opportunity requires significant time & resource commitment.</p> <p>Not every career path requires an internship.</p>	<p>Loeb Center's Amherst Select Internship Program (ASIP)</p> <p>Any career advisor at the Loeb Center or the Quest database</p> <p>Center for Community Engagement (CCE) - for funding</p> <p>Online job boards: Indeed Glassdoor LinkedIn Idealist</p>
<p>SUMMER JOB: Unlike internships, the focus isn't on your learning, but on the company's bottom line.</p>	<p>You'll receive compensation for hours worked.</p> <p>Highly likely to find one wherever you are during the summer.</p> <p>You don't need a great deal of work experience and can be trained.</p> <p>You can still gain valuable, transferrable skills.</p>	<p>Your job may not align perfectly with your career interest.</p> <p>Not all jobs are of equal quality, so you will need to heavily vet.</p> <p>There may be a lack of professional growth opportunities.</p> <p>You may not be feel challenged.</p>	<p>Any career advisor at the Loeb Center or the Quest database</p> <p>Online job boards: Indeed Glassdoor LinkedIn Idealist</p> <p>Local newspapers</p>
<p>VOLUNTEERING: Service-oriented work that may be for a variety of personal reasons.</p>	<p>Highly likely to find an opportunity in most locations.</p> <p>You can learn professional skills and challenge yourself without workplace pressures.</p> <p>The time commitment is up to you.</p> <p>Prior work experience isn't necessary.</p>	<p>You don't receive a wage, but there may be other forms of compensation.</p> <p>You will need time to devote to opportunity even without a wage or stipend.</p> <p>The opportunity might not match your career interest or skill level.</p> <p>There may not be room for professional growth.</p>	<p>Five College Consortium Community and Volunteer Opportunities Board</p> <p>Established volunteer programs, such as AmeriCorps, United Way</p> <p>Online job boards: Idealist Volunteer Match Points of Light</p> <p>Searching and contacting non-profits in your area</p>

SUMMER EXPERIENCE RESOURCE GUIDE

EXPERIENCE	BENEFITS	CONSIDERATIONS	RESOURCES
<p>RESEARCH ASSISTANTSHIP OR INDEPENDENT PROJECT: A mentored experience in which a student works on aspects of a faculty or graduate students' research project or in which a student receives faculty guidance for independent work.</p>	<p>The best experience if you want a career in research or you want to pursue a Ph.D.</p> <p>Graduate and medical schools want students who have research experience.</p> <p>Build a relationship with a professor who could help you professionally.</p> <p>Learn hard research AND transferrable skills.</p>	<p>These opportunities are often very competitive, especially for first-years.</p> <p>You will need to demonstrate expertise, high-level of skill and discipline.</p> <p>Outside of established research programs, you will need to find a willing faculty member to provide you with an opportunity.</p>	<p>Amherst College Summer Science Undergraduate Research Fellowship (SURF) Contacts: Professor John-Paul Baird Maureen Manning</p> <p>Networking with Amherst or even non-Amherst professors</p> <p>Other colleges and universities</p> <p>National Science Foundation</p> <p>Professional association websites</p>
<p>SUMMER ABROAD: A course of study at a university or through an academic program in another country.</p>	<p>Demonstrate cultural competence and adaptability to employers.</p> <p>The chance to learn a new language.</p> <p>Lay the foundation for future work abroad.</p> <p>Expose yourself to new perspectives and world-views.</p>	<p>Amherst doesn't reward credit for summers abroad.</p> <p>There are high costs, but no financial aid available.</p> <p>You must do searching and vetting for programs on your own.</p> <p>There may not be a chance for career exploration and experimentation.</p>	<p>Amherst College Office of Global Education</p>
<p>JOB SHADOWING: An opportunity to observe a workplace environment while witnessing a professional completing range of duties and responsibilities.</p>	<p>A chance for career exploration without a large time commitment.</p> <p>Prior work experience or skills is unnecessary.</p> <p>There may be a chance to transform it into an internship or job.</p> <p>You can build your professional network.</p>	<p>You will need to find a willing and available professional in your field.</p> <p>An opportunity may not be available close to you. Is it worth travelling for?</p> <p>There's no skill-building opportunity.</p>	<p>Amherst College Pathways</p> <p>Amherst College Alumni Directory</p> <p>Any career advisor at the Loeb Center</p>

SUMMER EXPERIENCE **TIMELINE WORKSHEET**

WEEK 1

OBJECTIVE(S)

STEPS TO TAKE

DATES & TIMES TO
IMPLEMENT STEPS

NOTES

WEEK 2

OBJECTIVE(S)

STEPS TO TAKE

DATES & TIMES TO
IMPLEMENT STEPS

NOTES

WEEK 3

OBJECTIVE(S)

STEPS TO TAKE

DATES & TIMES TO
IMPLEMENT STEPS

NOTES

WEEK 4

OBJECTIVE(S)

STEPS TO TAKE

DATES & TIMES TO
IMPLEMENT STEPS

NOTES

CONTINUE...

SUMMER EXPERIENCE **TIMELINE WORKSHEET**

WEEK 5

OBJECTIVE(S)

STEPS TO TAKE

DATES & TIMES TO IMPLEMENT STEPS

NOTES

WEEK 6

OBJECTIVE(S)

STEPS TO TAKE

DATES & TIMES TO IMPLEMENT STEPS

NOTES

WEEK 7

OBJECTIVE(S)

STEPS TO TAKE

DATES & TIMES TO IMPLEMENT STEPS

NOTES

WEEK 8

OBJECTIVE(S)

STEPS TO TAKE

DATES & TIMES TO IMPLEMENT STEPS

NOTES

CONTINUE...

SUMMER EXPERIENCE **TIMELINE WORKSHEET**

WEEK 9

OBJECTIVE(S)

STEPS TO TAKE

DATES & TIMES TO
IMPLEMENT STEPS

NOTES

WEEK 10

OBJECTIVE(S)

STEPS TO TAKE

DATES & TIMES TO
IMPLEMENT STEPS

NOTES

THANK YOU

QUESTIONS? CONTACT US

amherst.edu/campuslife/careers

EMAIL careers@amherst.edu

CALL (413) 542-2265 MONDAY-FRIDAY, 8:30 a.m.-4:30 p.m.

MAKE AN APPOINTMENT WITH A CAREER ADVISOR

Log into **Quest** (c02-shib.symplicity.com/sso/)

click the "Request a Career Advising Appointment"

