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.

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<thead>
<tr>
<th>THE PAST</th>
<th>HIGH SCHOOL - FALL 2017</th>
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<th>THE PRESENT</th>
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<th>THE FUTURE</th>
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# BRAINSTORMING GOALS

## 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

### 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.

- Get inside-scoop on career field of interest to decide if it's the right path for you.
- Gain the skills and knowledge to be competitive in the job market.
- Potentially position yourself for a job at the company after graduation.
- Develop new professional contacts.

### Summer Job:
Unlike internships, the focus isn't on your learning, but on the company's bottom line.

- You'll receive compensation for hours worked.
- Highly likely to find one wherever you are during the summer.
- You don't need a great deal of work experience and can be trained.
- You can still gain valuable, transferrable skills.

### Volunteering:
Service-oriented work that may be for a variety of personal reasons.

- Highly likely to find an opportunity in most locations.
- You can learn professional skills and challenge yourself without workplace pressures.
- The time commitment is up to you.
- Prior work experience isn't necessary.

## Benefits

### Internships:
- Many internships are unpaid or low paying.
- Employers want interns with some demonstrated experience.
- Both the search process & the opportunity requires significant time & resource commitment.
- Not every career path requires an internship.

### Summer Job:
- Your job may not align perfectly with your career interest.
- Not all jobs are of equal quality, so you will need to heavily vet.
- There may be a lack of professional growth opportunities.
- You may not be feel challenged.

### Volunteering:
- You don't receive a wage, but there may be other forms of compensation.
- You will need time to devote to opportunity even without a wage or stipend.
- The opportunity might not match your career interest or skill level.
- There may not be room for professional growth.

## Considerations

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## Resources

### Loeb Center's Amherst Select Internship Program (ASIP)
Any career advisor at the Loeb Center or the Quest database

### Center for Community Engagement (CCE) – for funding

### Online job boards:
- Indeed
- Glassdoor
- LinkedIn
- Idealist

### Local newspapers

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- Idealist

### Searching and contacting non-profits in your area

### Established volunteer programs, such as AmeriCorps, United Way

### Online job boards:
- Idealist
- Volunteer Match
- Points of Light

### Five College Consortium Community and Volunteer Opportunities Board

### Points of Light

### Searching and contacting non-profits in your area
# SUMMER EXPERIENCE RESOURCE GUIDE

## EXPERIENCE

### 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.

**The best experience if you want a career in research or you want to pursue a Ph.D.**
Graduate and medical schools want students who have research experience.
Build a relationship with a professor who could help you professionally.
Learn hard research AND transferrable skills.

### SUMMER ABROAD:
A course of study at a university or through an academic program in another country.

Demonstrate cultural competence and adaptability to employers.
The chance to learn a new language.
Lay the foundation for future work abroad.
Expose yourself to new perspectives and worldviews.

### JOB SHADOWING:
An opportunity to observe a workplace environment while witnessing a professional completing range of duties and responsibilities.

A chance for career exploration without a large time commitment.
Prior work experience or skills is unnecessary.
There may be a chance to transform it into an internship or job.
You can build your professional network.

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## CONSIDERATIONS

### RESEARCH ASSISTANTSHIP OR INDEPENDENT PROJECT:
These opportunities are often very competitive, especially for first-years.
You will need to demonstrate expertise, high-level of skill and discipline.
Outside of established research programs, you will need to find a willing faculty member to provide you with an opportunity.

### SUMMER ABROAD:
Amherst doesn't reward credit for summers abroad.
There are high costs, but no financial aid available.
You must do searching and vetting for programs on your own.
There may not be a chance for career exploration and experimentation.

### JOB SHADOWING:
You will need to find a willing and available professional in your field.
An opportunity may not be available close to you. Is it worth travelling for?
There's no skill-building opportunity.

## RESOURCES

### RESEARCH ASSISTANTSHIP OR INDEPENDENT PROJECT:
Amherst College Summer Science Undergraduate Research Fellowship (SURF)
Contacts: Professor John-Paul Baird
Maureen Manning

### SUMMER ABROAD:
Networking with Amherst or even non-Amherst professors
Other colleges and universities
National Science Foundation
Professional association websites

### JOB SHADOWING:
Amherst College Office of Global Education
Amherst College Pathways
Amherst College Alumni Directory
Any career advisor at the Loeb Center
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## SUMMER EXPERIENCE TIMELINE WORKSHEET

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**QUESTIONS? CONTACT US**

[amherst.edu/campuslife/careers](amherst.edu/campuslife/careers)

EMAIL [careers@amherst.edu](mailto: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/) and click the "Request a Career Advising Appointment"