



## **THINGS TO LOOK FORWARD TO THIS YEAR**

### *Academics & Enrichment Activities*

Now that you've completed your first year on campus, these are some of the things you should be thinking about and acting on over the next academic year.

#### **Academics**

If you haven't already done so, make sure you formally declare MCB as your major. This can be done online at [las.illinois.edu/academics/forms](http://las.illinois.edu/academics/forms) using the "Change of Major" form during the prescribed curriculum change periods for the semester. See [mcb.illinois.edu/undergrad/advising/announcements](http://mcb.illinois.edu/undergrad/advising/announcements) for dates.

Plan on meeting with your academic advisor. We're here to help you with your course selections, planning your semester schedule, degree requirements, career advice, etc. Remember, we do not assign advisors. You are free to schedule an appointment with any advisor by calling (217) 333-6774, using our online scheduler at [go.illinois.edu/mcbappt](http://go.illinois.edu/mcbappt) or stopping by room 200 Burrill Hall. Also watch for our Express Advising times to be posted on our website.

#### **Enrichment Opportunities**

Now is a good time to begin taking advantage of enrichment opportunities. Join an organization (RSO, pre-professional organization or student chapter of a national organization) and plan to take a leadership role in the future. Get involved in extracurricular activities like volunteering/community service, leadership programs, religious activities (mission trips) or job shadowing. Keep in mind that these activities may be important for your post-graduation plans.

#### **Research**

The best time to consider research is when you're interested and ready to know more about what this experience can offer you. If now is not the best time for you, keep in mind that your junior year is considered by many professors to be the latest you should begin research. Be sure to attend one of our undergraduate research workshops, which are offered at least once per semester. You'll receive sound advice about what working as an undergraduate researcher entails as well as the 'nuts and bolts' of the process. More information can be found at [mcb.illinois.edu/undergrad/opportunities/research/](http://mcb.illinois.edu/undergrad/opportunities/research/)

#### **Study Abroad**

If you're interested, now is the time to begin planning. Research the specific program(s) you're interested in and review the "Five steps to help you plan your study abroad experience at Illinois" on the LAS International Programs website, [las.illinois.edu/students/lifecareerdesign/international/abroad/](http://las.illinois.edu/students/lifecareerdesign/international/abroad/). The School of MCB offers several discipline specific study abroad programs that we encourage you to consider.

We believe that these tips will help ensure that you have a rewarding and successful academic year. Please contact us if you have any questions or need help setting appropriate goals.

**SEE OTHER SIDE FOR INFORMATION ON POST-GRADUATION/CAREER PLANS.**





### THINGS TO LOOK FORWARD TO THIS YEAR

#### *Post-Graduation/Career Plans*

#### Post-graduation/Career Plans

Although it may seem early, you should begin thinking about your plans for after graduation. Do you intend to enter the workforce after graduation or continue your education by seeking an advanced degree?

- Talk with your academic advisor or meet with a career coach in MCB, LAS or the Career Center to discuss your interests, skills and values. Aligning all three will allow you to find the right career path.
- Apply to be matched with an alumni mentor (insert link to website) to learn more about the professions that interest you.

#### Professional School or Graduate School

- Work on gaining valuable volunteer experience.
- Get involved in extracurricular activities and professional student organizations.
- Set up an Interfolio account at [www.interfolio.com](http://www.interfolio.com) (or use another service) for your letters of evaluation and start getting to know some faculty who might be able to provide a letter for you. Typically, you will need letters from two science faculty and one non-science faculty by the end of your junior year.
- Research schools that you would like to attend. Read their mission statement and consider how it fits with your personal goals and values.
- Find out what entrance exams are required and how to prepare for them.
- Ensure that you have (or will have) all of the prerequisite courses.
- Meet with advisors in the Career Center who can assist you with the application process.
- Plan to attend the Career Center's Graduate & Professional School Fair (fall semester).

#### Entering the work force

- Activate and maintain your Handshake account at [handshake.illinois.edu](http://handshake.illinois.edu). Be sure to make your profile public if you are looking for internships or jobs.
- Attend the various job fairs and workshops offered on campus. These are a great way to network with companies who hire our students.
- Network! Join online networking sites and talk to people who are in the profession that you're interested in.
- Gain internship or job shadowing experience.
- Look for part-time jobs on the Virtual Job Board, [secure.osfa.illinois.edu/vjb](http://secure.osfa.illinois.edu/vjb), or the Research Park Job Board, [researchpark.illinois.edu/work-here/careers](http://researchpark.illinois.edu/work-here/careers)
- Visit the MCB Career Development website at [https://mcb.illinois.edu/undergrad/opportunities/career\\_services/](https://mcb.illinois.edu/undergrad/opportunities/career_services/)

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SEE OTHER SIDE FOR INFORMATION ON ACADEMIC AND ENRICHMENT ACTIVITIES.

