

# RECRUITING CYCLE

## HOW DO I FIND CAREER-RELATED EXPERIENCE?

While it may be true that many employers are looking for students further in their undergraduate career, there are internships and co-ops available for students just beginning their degree! Sometimes this varies based on company, and sometimes it depends on the industry. **It's important to get started early!**

Employers begin recruiting students in the early fall for the following summer. Career fairs and other recruiting events begin as soon as the second week of classes.

## WHAT IF I CAN'T FIND AN INTERNSHIP OR CO-OP?

There are a lot of ways to get career-related experience in addition to an internship or co-op, even in your first couple of years at VT. Consider joining a club related to your career goal or major, taking on leadership opportunities, job shadowing, beginning research, studying abroad, or doing something completely unique. Speak with an advisor in Career and Professional Development to learn how to get started early on your career journey!



CAREER AND PROFESSIONAL  
DEVELOPMENT  
VIRGINIA TECH.

## WHAT DO WE DO?

Your career journey begins now!  
Career and Professional Development is here to help you along your way!

### EXPLORE

**Discover** majors, career options, and yourself

### EXPERIENCE

**Start** finding career-related opportunities

### DEVELOP

**Build** the skills essential to workplace success

### LAUNCH

**Find** your next step after graduation



Career and Professional Development  
Smith Career Center

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Make Your Mark  
on the world



# EXPLORE

## Find Your Path

Are you unsure of what you would like to do with your major?

Are you trying to decide what to major in? Either way, **we are here to help!**

- ✚✚ Explore career and major options
- ✚✚ Discover more about yourself using assessments
- ✚✚ Utilize resources in the Career Resource Center to research careers, job market trends, and practice networking
- ✚✚ Explore educational requirements for graduate school

# DEVELOP

## Your Professional Edge

Virginia Tech students are given limitless opportunities to **develop professional competencies** essential to workplace success both in and out of the classroom.

Career and Professional Development **serves as a bridge between students' university experience and career** by acting as a catalyst for students to reflect on their experiences, recognize the skills developed, and promote themselves effectively. These professional competencies include:

- Communication
- Creativity and Problem Solving
- Digital Fluency
- Global Perspective
- Leadership
- Professionalism and Productivity
- Teamwork and Interpersonal

# EXPERIENCE

## Make Yourself Competitive

**Explore your career** through experiences like job shadowing, volunteering, internships, cooperative education, field study, service learning, and student organizations.

- ✚✚ Participate in our **Internship FastTrack** to help you find and succeed in your experience
- ✚✚ Build your professional network
- ✚✚ Participate in the **Cooperative Education and Internship Program (CEIP)**
- ✚✚ Use **Handshake** to find career opportunities

# LAUNCH

## Your Next Step

Whether you are looking for a **job**, applying to **graduate school**, or planning a **gap year** to do something entirely new, we are here to help you prepare.

- ✚✚ Resumes/CVs and cover letters
- ✚✚ Finding and applying to jobs and graduate programs
- ✚✚ Mock interviews
- ✚✚ Preparing for career fairs
- ✚✚ Negotiating offers
- ✚✚ Health Professions Advising