

How to Get Ready for Your Career Coach Appointment

Myth: *I don't need career coaching until I'm ready to graduate.* WRONG! You need career coaching starting your freshman year. Career planning can seem overwhelming, but U Career Success is ready to support you. [Make an appointment today!](#)

To prepare for your appointment:

1. Reflect on what you want to get out of the appointment.

If you aren't sure what you want to talk about, that's okay! Your career coach will help you figure it out. Common topics include:

- Explore Career Paths
- Find jobs/internships while you are in school or after graduation
- Graduation Preparation
- Clarifying your values, interests, and strengths
- Interview practice
- Building a proper Resume and writing cover letters
- Introducing you to professionals
- Explore majors/minors that will prepare you for the workforce

2. Add yourself to the [Career Jumpstart Canvas page](#)

- This page gives you a general roadmap of things to do to jumpstart your career.
- You do not need to complete these items prior to your appointment, but doing so will speed things up.
- Try to have the Jumpstart to-do list completed by the end of your first semester freshman year (or asap if you are further along in your schooling.)

3. Other helpful tips:

- a. Show up and be on time! Appointments are available on Zoom or in-person.

- b. Be open and honest! If you are feeling lost, overwhelmed, or if you are not sure where to start, that's normal. That's what coaches are for.
- c. Be ready to act! Your career coach will help you set goals and break things down into manageable steps.

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