

CHECKLIST FOR SUCCESS...

The Cardinal Life Skills Program is designed to assist YOU in fulfilling your academic, personal and career goals. We encourage you to use this checklist to keep track of your progress towards success.

Freshman

- _____ Attend New Student-Athlete Orientation
- _____ Enroll in Healthy Lifestyles (HPES 184)
- _____ Visit the Career Center; access the DISCOVER Program to explore your career interests

Sophomore

- _____ Shadow a professional (Shadows Program)
- _____ Participate in CardsCARE; keep track of the organizations/events you volunteer with
- _____ Visit the Career Center; explore your career interests. Check out the DISCOVER Program.
- _____ Decide on your major

Junior

- _____ Declare your major
- _____ Attend Professional Panels; introduce yourself, ask questions, and network
- _____ Shadow a professional; start networking
- _____ Participate in CardsCARE; keep track of the organizations/events you volunteer with
- _____ Create your resume; don't forget to include your community service
- _____ Take advantage of Career Center resources
- _____ Apply for your college degree check

Senior/5th year

- _____ Last chance to shadow a professional
- _____ Attend Professional Panels; introduce yourself, ask questions, and network
- _____ Participate in CardsCARE; employers want to know that you have volunteered your time
- _____ Submit your resume for the Corporate Playbook; ask your athletic academic counselor or life skills staff for assistance if you need it; find a creative way to transfer your athletic skills and experience to the work place
- _____ Register your resume online with eRecruiting at the Career Center (<http://career.louisville.edu/>)
- _____ Sign up for the Life After Sports Program
- _____ Apply for graduation
- _____ Sign up for your exit interview

What are you doing today to prepare for tomorrow?