



Lobo Career Development Program

4 – Year Plan for Lobo Student-Athletes

Freshmen

- Set your academic, personal, and athletic goals (both short and long term).
- Develop an academic plan with guidance from your academic advisor.
- Enroll in freshmen experience course: University 101
- Register with the Office of Career Services.
- Identify your skills and interests.
- Explore ways of enhancing your college experience by visiting the Student Activities Office.
- Get involved with community service projects.
- Create a resume and keep it updated for the next four years.

Sophomores

- Review academic plan with your advisor to decide on appropriate strategies for the upcoming year.
- Declare a major and make tentative decisions regarding a career.
- Use the Office of Career Services, and the Student Activities Office to identify organizations and opportunities relevant to your career interest.
- Attend workshops on obtaining an internship, interviewing, and resume/cover letter writing.
- Begin to develop contacts within career fields that you are considering.
- Use your summer job experience as a way to gain knowledge for future endeavors.



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Juniors

- Meet with your academic advisor to confirm adherence to academic requirements.
- Make a career choice.
- Schedule an appointment to meet with a UNM career services counselor.
- Begin exploring options for graduate or professional school.
- Update your resume to reflect additional skills and experiences.
- Decide on at least three people (coaches, professors, employers) who could serve as references for you.
- Complete an internship experience related to your future interests.
- Attend workshops on obtaining an internship, interviewing, and resume/cover letter writing.
- Take the GRE, GMAT, LSAT, or any other admission test required to continue coursework at a graduate level. Begin gathering information on graduate schools.
- Use your summer job experience as a way to gain knowledge for future endeavors.

Seniors

- Update your resume/cover letter to reflect additional skills and experiences.
- Participate in an internship, if not already completed.
- Participate in mock interviews with a career counselor from the UNM Career Services Center.
- Apply for graduate school.
- Field and evaluate offers for employment or admission. Consult with a career counselor from the UNM Career Services Center about negotiating an offer.