Your Career & Professional Development Roadmap
https://www.sph.umn.edu/current/careers/

FIRST YEAR

FIRST SEMESTER

Getting Started
- Sign up for mentor program
- Consider completing self assessments
- Review Handbook and Job Search Strategies

Career Development
- Update your resume
- Update your LinkedIn
- Visit the Career Center website
- Build relationships through networking
- Attend Career Development events
- Read job postings to identify valued skills and explore career interests

SECOND SEMESTER

MPH Students - Applied Practice
- Apply to applied practice opportunities
- Prepare for summer job/AP
- Adhere to deadlines related to AP

Continue to...
- Get involved with student groups
- Do informal interviews/networking
- Attend group coaching sessions
- Maximize your mentor program
- Attend networking events and job fairs

SUMMER

MPH Students - Applied Practice
- Document actions/results from AP
- Review work plan with preceptor and set expectations for communication
- Ask preceptor for LinkedIn recommendations to connect with
- Update resume (post AP)
- Update LinkedIn profile (post AP)

Continue to...
- Attend professional conferences and events
- Network with SPH alumni and field professionals
SECOND YEAR

Third Semester

**Continue to...**
- Attend group coaching sessions (via Zoom)
- Attend career and professional development workshops and career fairs
- Do outreach to contacts at desired organizations

Fourth Semester

**Continue to...**
- Attend career and professional development workshops and career fairs
- Attend networking events
- Attend group coaching sessions
- Conduct mock interviews
- Do outreach to contacts at desired organizations
- Apply for full-time positions

Post-Grad

**CONGRATS!**
- Be open to change
- Continue to network, engage with Alumni, and build relationships (Maroon and Gold Network)
- Maintain work/life balance
- Get ready for work! (The First 90 Days)

Continue to...
- Attend employer networking events or information sessions
- If interested in fellowships - connect with SPH Career Coach early in the semester
- Look at starting salaries in your field to prepare for negotiations

Before graduating

- Complete SPH Career survey which includes reporting post-grad plans
- Negotiate offer and accept full-time position!

Continue to...
- Remain engaged in your field
- Consider using an IDP (Individual Development Plan)
- Get to know your team better, and define what success looks like with your manager
- Be a mentor