



Your Undergraduate Professional Development Roadmap

<https://canvas.umn.edu/courses/318437>

WELCOME

Welcome to UMN School of Public Health. Reference this road map to stay on track and make the most of your journey.

Disclaimer: every student's path will look different!

FIRST SEMESTER

- Explore research opportunities
- Attend networking events and job fairs
- Meet with career services
- Take self assessments

SUMMER

- Gain experience through jobs, research, volunteering, etc.
- Explore different capstone options for following year
- Meet with career services to update resume, LinkedIn, Handshake, etc.

PREPARING

- See SPH coursework sample plan
- Set up LinkedIn & Handshake profiles
- Get involved in student groups
- Research public health careers & grad school programs to decide on post-grad plans

SECOND SEMESTER

- Apply to summer jobs related to public health
- Do mock interviews
- Review requirements of graduate schools & careers of interest
- Conduct informational interviews with alumni

CHECK-POINT

Do you want to go to graduate school post-grad or immediately find a job in the public health field?

DIRECT EMPLOYMENT

THIRD SEMESTER

- Develop job search strategy
- Continue doing mock interviews
- Continue updating resume and profiles as needed
- Apply to jobs

FOURTH SEMESTER

- Complete capstone
- Improve interviewing skills & job search strategy
- Continue applying to jobs
- Apply to graduate

POST-GRAD

- Be open to change
- Maintain work-life work-life balance
- Get ready for work (First 90 Days)
- Continue to network & engage with alumni

GRADUATE SCHOOL

THIRD SEMESTER

- Make sure all requirements are fulfilled for desired program(s)
- Apply to graduate school(s)

FOURTH SEMESTER

- Complete capstone
- Choose program if accepted into multiple
- Apply to graduate
- Look for summer opportunities to gain more relevant experience

POST-GRAD

- Be open to change
- Continue to network & engage with alumni
- Begin thinking about how much you plan to work during grad-school & explore jobs