

1st Year

- Get acclimated to UNC. Familiarize yourself with campus, academic advising and the Gillings School of Global Public Health (SPH). Focus on doing well in the classroom.
- Attend the Student Activities Fair in SPH to learn about opportunities to get involved with public health activities.
- Meet with a career counselor to discuss your interests and goals.
- Attend the BSPH Open House the Friday of Family Weekend to learn about the four undergraduate majors at SPH.
- Create a *Handshake* account (formerly Careerolina) and get to know the system.
- Test out your interest in public health by taking one or more of these classes for undergraduates: NUTR 240, PUBH 420, SPHG 620. Attend the public health first year major exploration workshop (co-sponsored by advising and SPH).
- Attend workshops at UCS to learn about resume, cover letter, job/internship search, using LinkedIn, etc.
- Read the *UCS weekly* email to stay informed about career related events and opportunities.
- Attend the *Pathways to Public Health* workshops at UCS. Visit <http://sph.unc.edu/students/career-paths> to learn more.
- Begin to take prerequisite courses for departments of interest. Use the Gillings Program Search (GPS) for information (<http://sph.unc.edu/gps/>).

During the Summer:

- Explore possible careers and build your network by conducting informational interviews or shadowing. Locate interesting professionals using LinkedIn.
- Gain hands-on experience through part-time work, internship, research or volunteering.
- Update your resume to include relevant coursework and other experiences from your first year.

Sophomore Year

- Update your *Handshake* account.
- Attend a UCS resume workshop or see a career counselor in SPH to get help updating your resume to include your summer experience; Upload it to *Handshake*.
- Build your experience by getting involved with public health-related and/or other clubs on campus. Be open to seeking leadership opportunities. Attend the SPH student activities fair in the fall.
- Attend the *Pathways to Public Health* workshops at UCS. Visit <http://sph.unc.edu/students/career-paths> to learn more.
- Read the *UCS weekly* email to stay informed about career related events and opportunities to help you prepare for the internship search. Attend the UCS Job/Internship Expos, career fairs, and industry nights to meet employers.
- Create and/or update your LinkedIn profile. Attend a UCS sponsored LinkedIn Lab to get help.
- Talk to professors, family, friends, alumni and professionals about fields that may interest you.
- Attend the BSPH Open House the Friday of Family Weekend to learn about the application process and network with faculty and students.
- Considering taking one or more of these classes for undergraduates: NUTR 240, PUBH 420, SPHG 620.
- Gain research experience by talking with professors about your interests and asking about opportunities.
- See a counselor for review of your resume and personal statement for your BSPH application. Get to know your professors in order to ask for strong letters of recommendation.
- Finish taking prerequisite courses for departments of interest and use the GPS for information on how to apply to the BSPH program of your interest.
- If accepted into a program at Gillings, follow the directions regarding advising and orientation events for your department.

During the Summer:

- Continue to obtain professional experience through part time jobs, internships, research, and volunteer opportunities.
- Conduct informational interviews with professionals in different fields to learn about career options and expand your network.
- Update your resume to include relevant coursework, and experiences from your second year.

Junior Year

- Set yourself up for success. Attend the UCS Kick off Event for the Internship & Job Search (August) and update your *Handshake* account.
- Attend a resume workshop or see a career counselor to get help updating your resume to include your summer experience; upload it to *Handshake*.
- View the events pages on <http://careers.unc.edu> and read emails from UCS, SPH and your department. Plan to attend company sessions to learn about various internship opportunities.
- Attend the SPH Welcome Back Social to meet others in your program and students and faculty throughout the School.
- Continue attending UCS workshops to learn more about preparing for the internship search. Attend SPH career and professional development workshops and events, like Resume Rescue.
- Attend the UCS Job/Internship Expos, career fairs, and industry nights to meet employers.
- Build your experience by continuing to be involved with public health-related and/or other clubs on campus. Be open to seeking leadership opportunities.
- Network with alumni within the departments and talk with faculty and student services managers about your interests to get referrals.
- Update your LinkedIn profile. Attend a UCS sponsored LinkedIn in Lab to get help.
- If considering graduate school, begin exploring programs, application deadlines, and requirements. Attend the SPH Graduate Open House in October to learn more about the programs here at UNC. Attend grad school programs at UCS.
- Begin thinking about who you will ask to serve as references (usually need three) or write letters of recommendation for your internship search.

During the Summer:

- Complete a career-related internship. Many summer internships often lead to full-time offers.
- Make connections with professionals in various departments and levels at your place of summer employment, as the people can all be part of your network.
- Make connections with UNC alumni who are working in interesting industries in the city of your internship. Use LinkedIn to help you locate potential connections.
- Update your resume to include relevant coursework and experiences from your third year.

Senior Year

- Update your *Handshake* account, resume and LinkedIn profile.
- Attend the UCS Job/Internship Expos, career fairs, and industry nights to meet employers.
- Practice interviewing through SPH programming. Conduct a mock interview with a counselor. Use InterviewStream to continue practicing on your own.
- Monitor application and on-campus interview deadlines of positions posted in *Handshake*. Apply to positions that interest you, both within *Handshake* and outside.—see <http://sph.unc.edu/careers> for additional resources.
- Schedule the GRE and other admissions exams if you plan to attend grad school.
- View the events pages on <http://careers.unc.edu> and read emails from UCS, SPH and your department. Plan to attend company sessions to learn about various career opportunities.
- If considering graduate school, explore programs, application deadlines, and requirements. Attend UCS programs and/or the SPH Graduate Open House in October to learn more about the public health programs here at UNC. Schedule an appointment for pre-grad advising.
- Ask your faculty and former supervisors to serve as references (usually need three) or write letters of recommendation for your job search or grad school applications.
- Attend SPH career and professional development workshops and events, like Resume Rescue.
- Continue attending UCS workshops to learn more about preparing for the job search. Network with alumni within the departments and talk with faculty and student services managers about your interests to get referrals.
- Once you accept a job or a grad school position, fill out the *First Destination Survey*.