

The Career Milestones

Forge your own path with this proven
career planning roadmap.

The Career Milestones are part of our action-oriented four-year program that will enable you to develop and implement an effective career strategy to accomplish your professional goals. With guidance from the Gorter Family Career Advancement Center, along with your professors, coaches, and a host of alumni, you'll learn how to choose a major, build and activate a professional network, and develop a plan to position yourself for success after college. Each step is loosely correlated with the traditional four years of undergraduate education, but everyone moves at their own pace.

- 1. LEARN about yourself and your career/academic options**
- 2. Target a (few) professional pathway(s) and DEVELOP relevant skills.**
- 3. Refine your professional pathway(s) and STRENGTHEN relevant skills through experiential learning.**
- 4. POLISH your credentials and pursue opportunities with employers and graduate/professional schools that fit your skills, interests, and values.**

The Career Milestones Map



Your path through the Career Milestones won't be linear. You will take exciting detours, navigate obstacles in your path, and find yourself on roads you did not know existed. To help you find your way, the Career Milestones Map provides a guide to the most important actions you can take for your career planning. As you progress, you can check off these actions to record your journey. Remember, the CAC, and your entire Forester community, is here to help every step along the road.

Start on your path!



THE CAREER MILESTONES MAP

Year 1

LEARN about yourself and your career options.



ATTEND NEW STUDENT ORIENTATION



EXPLORE YOUR INTERESTS & SKILLS

- ☐ Take interesting courses
- ☐ Join an on-campus organization
- ☐ Join one or more Career Pathways to receive a personalized Career Pathway Newsletter (arrives in your email every other Tuesday!)

GET STARTED WITH CAC ONLINE RESOURCES

- ☐ Download the Handshake app and log into your account
- ☐ Follow @LFCareers on social media



GET INVOLVED: EVENTS & WORKSHOPS

- ☐ Attend a CAC Open House (fall or spring) or stop by Career Express Advising and meet your career advisor
- ☐ Attend "My First Career Workshop"
- ☐ Attend 1+ additional CAC event related to a Career Pathway, such as:
 - Pathway Kickoff
 - Industry Insights talks
 - Alumni speakers and panels
 - Career Month events in February



LEARN ABOUT POTENTIAL CAREER PATHS

Visit the 'Career Exploration' resource on Handshake and take the Focus2 career assessments to explore how your interests and skills relate to various career paths and more

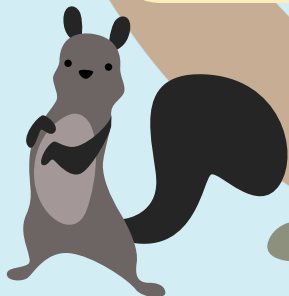


CAREER CONVERSATIONS

Talk to faculty and junior/senior students about potential majors/minors as well as potential career options

BEGIN TO DEVELOP YOUR RESUME AND LINKEDIN

- ☐ Attend a Resume & LinkedIn workshop (first Wednesday of every month)
- ☐ Use the CAC's resume resources and templates in Handshake
- ☐ Create a LinkedIn Profile
- ☐ Stop by Career Express Advising or CAC Ambassador Express Advising if you need help!



ART & MAP DESIGNED BY KARA HENNESSY '24

The First-Year Fast-Track:

Your personalized suite of first-year services that will set you on the road to success.



CAC Open House



Workshops

My First Career Workshop
Resume & LinkedIn Workshop



Career Express Advising

& CAC Ambassador
Express Advising

Year 2

Target a (few) professional pathway(s) and
DEVELOP relevant skills

EVENTS & WORKSHOPS

- ☐ Attend 2+ CAC events to learn about potential paths, such as:
 - Pathway Kickoff
 - Industry Insight talks and treks
 - Alumni speakers and panels
 - Career Month events in February
- ☐ (Optional) Attend Speed Networking in the fall to practice meeting professionals and have career conversations
- ☐ Attend Career-A-Palooza in March to develop your career-readiness!



IDENTIFY CAREER FIELDS/INDUSTRIES OF INTEREST

- ☐ Explore careers and job titles using resources like Vault, O*Net, and What Can I Do With This Major
- ☐ Explore potential companies. Follow employers on LinkedIn and Handshake, and attend employer-hosted events on Handshake

Need help exploring careers or figuring out what to do next? Make an appointment with your career advisor.



PREPARE YOUR MATERIALS

- ☐ Use CAC resources (including AI review tools) to review and refine your resume and LinkedIn
- ☐ Update your resume and LinkedIn with any new experiences



APPLY YOUR LEARNING, BUILD SKILLS AND EXPLORE INTERNSHIPS

- ☐ Summer Internship* (Some industries have early recruiting deadlines, so now is the time to explore internships)
 - Explore our Internship Search Guide and Career Resources for International Students
- ☐ Job Shadowing and Job Simulations (e.g. Forage)
- ☐ Research
- ☐ Volunteer Work
- ☐ Externships (e.g. Paragon One and other sites)
- ☐ Employer Early Engagement Programs



Make
your
plan.



CAREER CONVERSATIONS

- ☐ Talk to juniors and seniors about their internships and career interests
- ☐ Ask alumni or others in your network to have a career conversation, or "informational interview" to learn more about what they do



LOOK TO THE FUTURE

- ☐ Consider your map of your college career and consider:
 - Classes you want to take
 - Planning off-campus study or building an internship into your semester
 - How you will fulfill your experiential learning requirement
 - Your summer plans
- ☐ Declare a major and select a faculty advisor
- ☐ Meet with your career advisor to discuss your plans



And remember,
every year
always...



Read Your Pathway
Newsletter



Have Career
Conversations



Stop by Career Express
Advising

Year 3

Refine your professional pathway(s) and
STRENGTHEN relevant skills through
experiential learning.

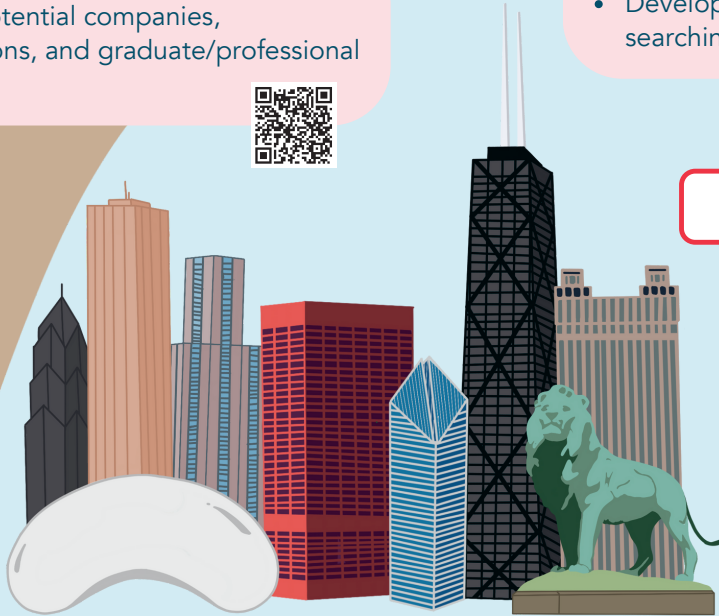
RESEARCH YOUR PATH

Explore potential companies, organizations, and graduate/professional schools



DISCUSS YOUR PROGRESS WITH YOUR CAREER ADVISOR

- Make a plan to complete your experiential learning requirement if not yet complete
- Develop a strategy for internship searching together



IDENTIFY WAYS TO BUILD YOUR STRENGTHS FOR YOUR SPECIFIC PATH

- Internships
- Job Shadowing and Job Simulations (e.g. Forage)
- Additional Coursework
- Research
- Volunteer Work
- Externships (e.g. Paragon One and other sites)
- Certifications (Sign up for Online Professional Trainings in December)

PRACTICE ARTICULATING YOUR UNIQUE SKILLS AND PREPARE FOR INTERVIEWS

- ☐ Update your resume and LinkedIn
- ☐ Develop brief self-introduction or "elevator pitch"
- ☐ Prepare for interviews (practice with both AI platform and your advisor)



The Forester Advantage

EVENTS & WORKSHOPS

Expand your network and learn about careers & organizations.

- ☐ Attend Pathway Kickoff or Pathway-specific events
- ☐ **Attend Speed Networking in October and other networking events**
- ☐ Hear from Industry Insights and other speakers at career events
- ☐ Attend Career-A-Palooza in March to develop your career-readiness
- ☐ Attend employer-hosted events on Handshake



MEET PROFESSIONALS AND HAVE CAREER CONVERSATIONS

- ☐ In addition to attending networking events, talk to a Forester mentor through the Foresters CAREER Mentoring Program over winter break
- ☐ Ask alumni or others in your network to have a career conversation or "informational interview"
- ☐ Connect to the professionals you meet on LinkedIn and stay in touch! Express gratitude for their time and update them on your progress.



**You've got this.
Keep on...**



Reading Your
Pathway Newsletter



Having Career
Conversations



Stopping by Career
Express Advising

Year 4

POLISH your credentials and pursue opportunities with employers and graduate/professional schools that fit your skills, interests, and values

EVENTS



- ☐ Attend Speed Networking in October and other networking events
- ☐ Attend industry-specific career events
- ☐ Attend Career-A-Palooza in March to develop your career-readiness

CAREER CONVERSATIONS

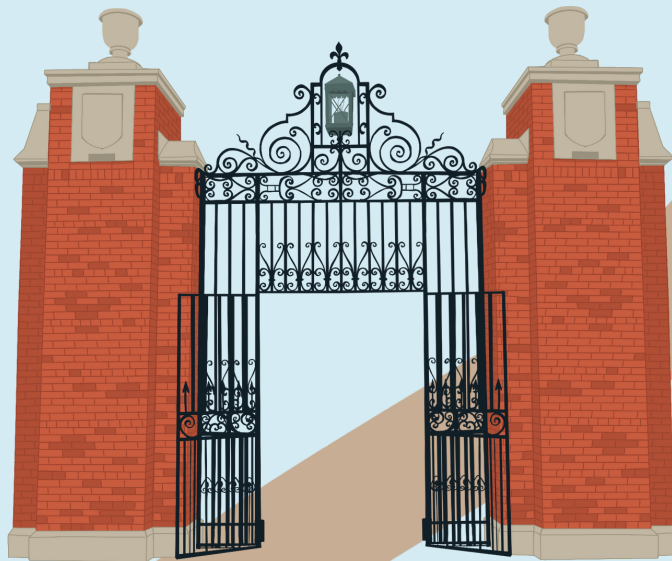
Mobilize your network to help with your search

- ☐ Talk to an additional Forester mentor through the Foresters CAREER Mentoring Program.
- ☐ Tell the professionals you have connected with about your search.



POLISH YOUR CREDENTIALS

- ☐ Complete an additional internship or research opportunity in your field
- ☐ Refine your resume, LinkedIn and interviewing skills



PLAN POST-GRADUATE OPPORTUNITIES

- ☐ Identify and apply, apply, apply for employment, graduate school, fellowships, or other opportunities
- ☐ Network in to opportunities: find alumni and others you know at the organization, have career conversations, and follow up with recruiters
- ☐ Keep an Application Log to document your applications and who you have "networked in" with
- ☐ Prepare to negotiate, navigate, and accept offers



☐ **SHARE YOUR NEWS WITH THE CAC AND YOUR NETWORK!**



ART & MAP DESIGNED BY KARA HENNESSY '24

Congrats, Senior!
Stay connected
this year by...



Reading Your
Pathway Newsletter



Having Career
Conversations

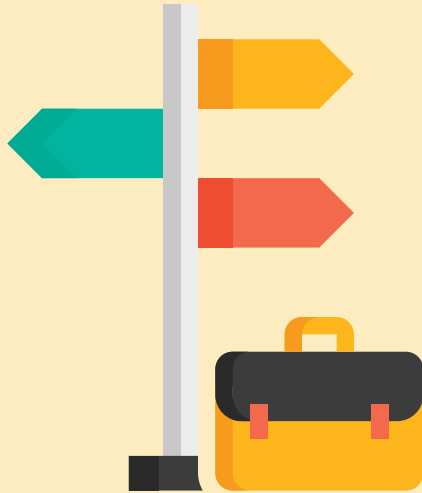


Stopping by Career
Express Advising

Are you career-ready?

NACE Career Readiness Competencies

Career readiness is a foundation from which to demonstrate core competencies that broadly prepare the college educated for success in the workplace and lifelong career management. Throughout your Lake Forest College journey, you will build these competencies along your path:



- Career & Self Development
- Communication
- Critical Thinking
- Equity & Inclusion
- Leadership
- Professionalism
- Teamwork
- Technology



The Career Readiness Competencies were developed by, and are reprinted courtesy of, the National Association of Colleges and Employers.



**LAKE FOREST
COLLEGE**

GORTER FAMILY

Career Advancement Center (CAC)

256 Brown Hall, Middle Campus
847-735-5235, careers@lakeforest.edu
lakeforest.edu/careers

From exploring majors to prepping for that big interview, the Gorter Family Career Advancement Center is here to help you with every step along your path.

The CAC will help you connect your interests, skills, values, and personality to your future at the College well beyond New Student Orientation. As you progress through your Career Milestones, we will ensure you have the knowledge and resources necessary to successfully navigate your first year at the College and beyond.



Find more events, resources, and more on Handshake.