



LAKE FOREST
COLLEGE

Make Your Future

FINDING YOUR UNIQUE PATH AT LAKE FOREST COLLEGE

Trying to envision your future at Lake Forest College may seem like a big task; however, it's not about deciding on the one "right" path for you. It's a process that starts with determining how you will explore your own unique interests and take the first key steps on your career journey.

Your experience here will provide you with access to nearly endless options in terms of majors, involvement on campus, and careers, in both the Lake Forest community and Chicago. Your roadmap starts here!

EXPLORE THE CAREER PATHWAYS

Connect your interests to your path at Lake Forest College.

All majors can lead to career success in any of the Career Pathways.

Visit lakeforest.edu/careers/pathways to learn more.

**Indicates minor only.*

BUSINESS, FINANCE, AND DATA SCIENCE

Solve problems and generate value in the world of commerce.

POSSIBLE MAJORS/MINORS:

- Business (Accounting, Management, and Marketing concentrations)
- Computer Science
- Data Science (Statistics, Computer Science, and Finance/Economics tracks)
- Economics (Finance concentration)
- Finance (Accounting and Economics concentrations)
- Mathematics

SAMPLING OF STUDENT ORGANIZATIONS:

- Accounting Club
- American Marketing Association
- Computer Science Club
- Interfraternity Council
- Investment Club

CREATIVE ARTS AND COMMUNICATION

Express your creative interests through your career or personal life choices.

POSSIBLE MAJORS/MINORS:

- Art
 - Art History
 - New Media and Design
 - Studio Art
- Cinema Studies*
- Communication
- Digital Media Design*
- English (Literature and Writing concentrations)
- Journalism*
- Museum Studies*
- Music
- Print and Digital Publishing*

SAMPLING OF STUDENT ORGANIZATIONS:

- Forester Production Club
- INK
- Collage Foreign Literary Magazine

- LFC Songbirds
- Garrick Players Theater Group
- Student Programming Board
- Stentor Newspaper
- Tusitala Literary/Art Magazine
- WMXM Radio Station
- Writing Club

LAW AND PUBLIC SERVICE

Make a difference in local, state, and global communities.

POSSIBLE MAJORS/MINORS:

- African American Studies
- American Studies
- Area Studies
- Asian Studies
- Classical Studies*
- Education
- Gender, Sexuality, and Women's Studies*
- History
- International Relations
- Latin American and Latinx Studies
- Legal Studies*
- Medieval and Renaissance Studies*
- Modern Languages and Literatures (Chinese*, French, Spanish)
- Philosophy
- Politics
- Public Policy*
- Religion
- Social Justice*
- Sociology and Anthropology
- Urban Studies*

SAMPLING OF STUDENT ORGANIZATIONS:

- Activism Club
- Clio Society
- Chinese Club
- French Club
- It's On Us Lake Forest
- Latinos Unidos
- Mock Trial
- Muslim Students Association
- PRIDE
- Student Government
- UMOJA
- United Asia
- United Black Association

SCIENCE AND HEALTH CARE

Apply your investigative skills to advance science and impact the health care system.

POSSIBLE MAJORS/MINORS:

- Biochemistry and Molecular Biology
- Biology
- Chemistry
- Environmental Studies
- Neuroscience
- Physics
- Psychology

SAMPLING OF STUDENT ORGANIZATIONS:

- First Aid Organization
- American Society of Biochemistry and Molecular Biology
- Future Health Professionals
- League for Environmental Awareness and

Protection (LEAP)

- Student Affiliates of the American Chemical Society
- Synapse Neuroscience Club
- Women in STEM

BUILD YOUR OWN

Identify a career path if you are undecided and learn essential skills that can be applied to any industry.

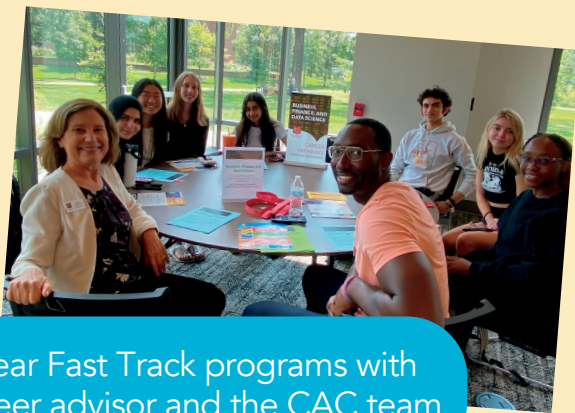
ANY COMBINATION OF MAJORS/MINORS COULD CONSTITUTE THIS PATHWAY, ESPECIALLY:

- Entrepreneurship and Innovation*
- Self-Designed Major
- Undecided/Exploring Majors

CHOOSE FROM ANY OF THE STUDENT ORGANIZATIONS!

At Lake Forest College, you have the opportunity to pursue both passion and practicality, making you a well-rounded, versatile learner prepared for today's professional world.

THERE ARE MANY WAYS TO PARTICIPATE IN YOUR CAREER PATHWAY...

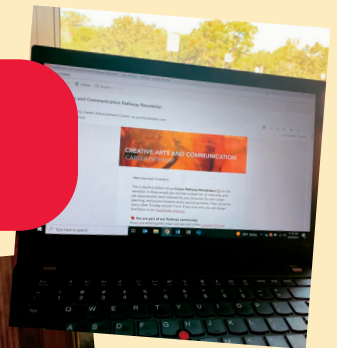


First-Year Fast Track programs with your career advisor and the CAC team



Professional networking opportunities with the Forester Network

Personalized Pathway Newsletters



Industry-specific events and speakers



Students with high participation may be invited to join the Pathway Leadership Team to provide input and shape the Pathway's future!

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!



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.

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

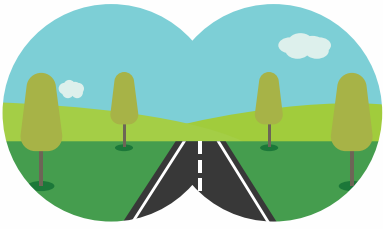
My First Career Workshop
Resume & LinkedIn Workshop



Career Express Advising

& CAC Ambassador
Express Advising

LOOKING AHEAD



Your Career Milestone Map continues across your entire Lake Forest education: in the coming years you will have more to do and discover based on your progress. Here is an abridged preview of the road to come. Remember, while the preparation activities will be similar, every student's path is unique. Make it your own!

Access the full Career Milestone Map:



Year 2

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

TALK TO PROFESSIONALS TO GATHER CAREER SPECIFIC INFORMATION

PURSUE JOB SHADOWING, RESEARCH, VOLUNTEER WORK, OR A SUMMER INTERNSHIP

UPDATE YOUR RESUME WITH NEW EXPERIENCES

DECLARE A MAJOR AND SELECT A FACULTY ADVISOR

Year 3

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

RESEARCH POTENTIAL COMPANIES, ORGANIZATIONS, AND GRADUATE/PROFESSIONAL SCHOOLS

TALK TO PROFESSIONALS AT THE SITES YOU'VE IDENTIFIED OR IN YOUR FIELD(S) OF INTEREST

IDENTIFY WAYS YOU NEED TO STRENGTHEN YOUR SKILL SET AND PURSUE ADDITIONAL COURSEWORK, INTERNSHIPS, RESEARCH, OR OTHER DEVELOPMENT OPPORTUNITIES

PRACTICE ARTICULATING YOUR UNIQUE SKILLS AND EXPERIENCES BY UPDATING YOUR RESUME, PREPARING FOR INTERVIEWS, AND DEVELOPING A BRIEF SELF-INTRODUCTION

Year 4

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

MOBILIZE YOUR NETWORK TO HELP WITH THE SEARCH

COMPLETE AN ADDITIONAL INTERNSHIP OR RESEARCH OPPORTUNITY IN YOUR TARGET FIELD

REFINE YOUR RESUME AND INTERVIEWING SKILLS

IDENTIFY AND APPLY FOR EMPLOYMENT, GRADUATE SCHOOL, OR OTHER OPPORTUNITIES

PREPARE TO NEGOTIATE, NAVIGATE, AND ACCEPT OFFERS

FORESTER ADVICE: KEYS TO SUCCESS



“ I started building my relationship with my career advisor from freshman year.

-Juanjo Campos '24, Communication Major

“ I would suggest to other [students] to go to resume workshops
and truly work towards making [your resume] the best it can be. Use the help that is offered here at the College to get your resume and cover letter ready!

-Mireya Uribe '23, Spanish and International Relations Major



Joining student organizations is key!

“ Some resources at the College that helped me secure [an internship] were Phi Beta Sigma and Black Men's Group for giving me unique experiences that I was able to leverage in my interview.

-Jaronn Correll '23, Finance Major

“ Doing an internship in college is very valuable,

not only on your resume, but in terms of helping you decide what you actually want to do or not do after college. If you don't know where to start, your professors and the CAC will guide you and most importantly they have a lot of employer connections, so reach out!

-Pratistha Shrestha '23, Politics Major



“ The biggest resource from the College that helped me was Handshake.

It was really helpful to have a platform specifically tailored for college students like myself who had little to no professional experience. It was also really helpful that the College's Career Advancement Center would often post events or discussions that you could easily sign up for and participate in to learn about career options, resume building, etc.

-Claire Pardus '23, English: Writing Emphasis Major





**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.



2023-24 Events for New Students

Don't miss these events for you!

My First Career Workshop

Cross off the first few actions in getting started with career planning. This is a MUST attend!

12-12:30p.m., Brown Hall 234
9/20, 10/11, 11/8. Spring dates TBA

Resume and LinkedIn Workshops

A crash course on making a great resume and LinkedIn profile held the first Wednesday of every month

12-12:30p.m., Brown Hall 234
9/6 (12-1p.m. with extra feature on Chat GPT),
10/4, 11/4, 12/6, 2/7, 3/6, 4/5



CAC Open Houses

Drop in to meet your career advisor and equip yourself with all you need to know about getting started with career planning at Lake Forest College!

11a.m.-1p.m. in the Tarble Room, Brown Hall
• FALL: Thursday, September 7
• SPRING: Tuesday, February 1



Career Pathway Kickoffs

- Business, Finance, and Data Science: 9/13 from 12-1 in the Tarble Room, Brown Hall
- Creative Arts and Communication and Law and Public Service: 9/14 from 12-1p.m. in the Tarble Room, Brown Hall



Find more events on Handshake.