



FIRST-YEAR PROFESSIONAL DEVELOPMENT PLAN

QUESTIONS TO CONSIDER

- What activities did you like in high school?
- What classes interest you most?
- What are your skills, values, and interests?
- What doesn't interest you?
- How can you get involved in the Penn community?

THINGS TO DO

- ☐ **SETTLE** into campus and academic life
- ☐ **FIND** appropriate campus resources (Learning Center, CAPs, Cultural Centers, etc.)
- ☐ **DEVELOP** relationships with RA, TA, upperclassmen, and professors
- ☐ **DISCOVER** career options with different [majors](#)
- ☐ **FOLLOW** Career Services on [Twitter](#), [Facebook](#), [Instagram](#)
- ☐ **SUBSCRIBE** to industry, pre-health, pre-law, and pre-grad [email lists](#)
- ☐ **EXPLORE** career interests, strengths, and your personality through [Career Assessments](#)
- ☐ **REGISTER** on [PennLink](#) and [iNet](#) to review career-related opportunities
- ☐ **SUBMIT** a resume and cover letter for [digital review](#)
- ☐ **MEET** a [career and/or pre-health advisor](#) to create individualized action plan
- ☐ **ATTEND** career-related [events](#) (career fairs, industry panels, and career development workshops)