

Helpful Tips

- Check your SSU e-mail daily. If you need help receiving it on your phone contact [ITS](#).
- Connect with [Career Services](#) by making an appointment. Check out [Handshake](#) for our online database of jobs, internships, career tools and resources.
- Get to know yourself as an individual. You can do this by paying attention to the subjects you most enjoy, activities in which you participate, and by talking to your friends and family about career ideas and possibilities.
- Take a wide variety of classes to broaden your exposure to potential career paths.
- Take a free online self-assessment [Focus 2](#). It can help you research occupations, choose, change, or clarify a major, and evaluate your interests, skills, values, and personality.
- If you have a major, research it!
 - [What Can I Do With This Major?](#)
 - Ask recent graduates for the names of the professors and classes which most benefited their career.
 - Conduct general informational interviews with several employers to better understand different career field needs and what you can be doing now to prepare for these needs.
- Develop an ongoing relationship with your [Academic Advisor](#). Ask about majors, electives, general education requirements, academic policies, and possible career options. Focus on good grades from the start; if you fall behind, it can be difficult to recover. If you need assistance, visit the [Center for Academic Excellence](#).
- Connect with Salem State University's [First Year Experience](#) office to help you explore, learn and grow.
- Get involved on campus with [Student Groups](#) or [Residence Life](#). It is a great way to meet people, learn about yourself, and build your resume.
- Explore volunteer opportunities in the community as a method to gain crucial experience for your resume. Check out [Civic Engagement](#) to find out about opportunities.
- You may want to work part-time on campus or in the community. This is an excellent way to gain work experience and even better if you can find a job that supports your future career goal, contact [Student Employment](#).
- Do not be afraid to ask for help. There are several offices here on campus to support you. If you are experiencing challenges academically connect with the [Center for Academic Excellence](#). [Counseling and Health Services](#) provides quality health care and empowers students to master their own physical and emotional well-being while pursuing their academic endeavors. [Disability Services](#) promotes an accessible educational and campus-wide experience by coordinating services and accommodations for students with disabilities.
- Interested in an education abroad experience while in college? Find out more about the possibilities of going abroad, contact [Study Abroad](#).
- Begin to build and develop your personal network. Create a LinkedIn profile: <https://www.linkedin.com>
- Develop effective interviewing skills – set up a mock interview in person or do one virtually through [InterviewStream](#).