



ATHLETICS

STUDENT-ATHLETE DEVELOPMENT

## Career Game Plan

Student-Athlete Development will help you navigate the process of discovering your career, promoting your abilities, and building your network. We've created four essential steps that will help you no matter where or when you begin. Refer to the Game Plan Checklist to guide you through every aspect of the career development process.

### Explore Your Options

- Use assessment tools including the Strong Interest Inventory & Myers-Briggs Type Indicator to gain an understanding of career paths and graduate school options based on your interests, skills and values
- Meet with your Career Consultant who will interpret your assessment results
- Explore career paths with virtual resources [careeronestop.org](http://careeronestop.org) or [whatcanidowiththismajor.com](http://whatcanidowiththismajor.com)
- Discover employers who are recruiting TCU students and explore internships in Handshake at [tcu.joinhandshake.com](http://tcu.joinhandshake.com)
- Complete your Career Interests Profile in Handshake to learn more about specific careers and events

### Build Your Brand

- Meet with your Career Consultant in Student-Athlete Development
- Develop your resume and modify it as you progress in your college career, adding internships, courses, projects, athletics, volunteer and leadership roles
- Write a cover letter for each internship and/or job application
- Attend TCU Career & Intern Expo and/or Horned Frogs Networking Night to obtain a professional headshot. With your LinkedIn headshot and critiqued resume, build your LinkedIn profile
- Learn how to interview one or two ways: 1) Schedule a practice interview with your Career Consultant, 2) Use Big Interview, an online resource
- Build your professional wardrobe including an interview suit, business casual attire, dress shoes and a padfolio
- Attend professional development events to network with employers and alumni and gain career advice. Look for these events in Student-Athlete Development, your Academic College and in Handshake.

### Gain Experience

- Access Handshake to search for internships, full-time, part-time or on campus jobs and learn about networking events to attend
- Participate in job shadowing opportunities (or similar employer site visits) and find an industry/alumni mentor
- Research study abroad and internship abroad opportunities by visiting Handshake or TCU Study Abroad office
- Conduct an informational interview with others in your field of interest
- Be an active volunteer, member or leader of an organization on campus or in your community

### Make Your Path

- Search for full-time jobs on Handshake
- Decide if graduate school is appropriate for your career goals and explore graduate school options
- Explore fellowships and graduate assistantships with your Career Consultant in Student-Athlete Development
- Share your future plans with us in Handshake by completing our brief First Destination Survey
- Use [hornedfrogsconnect.com](http://hornedfrogsconnect.com) Alumni Networking Platform to connect with alumni in your industry of interest
- Network regularly and use social media to promote your talents and skills
- Stay connected! TCU Career Center & Student-Athlete Development offers resources and advice for alumni

### Ongoing Professional Development

1 on 1 Appointments – Practice Interviews – Networking Events – Grad School Prep – Internships – Assessments – Resume and Cover Letter Reviews – Personal Statement Reviews – LinkedIn – Career Advice – Job Search Strategies