First-Year Guide to the Career Center

1 **WHERE TO BEGIN**
Not sure where to begin with your career journey? No need to freak out! Read this "Where to Begin" advice blog by our Career Advisors, which includes explanations about how it all works.

2 **E-NEWS**
This is the newsletter you'll receive at the beginning of each week. It's your go-to source for staying up to date with Career Center events, opportunities, and resources.

3 **HANDSHAKE**
The #1 place that students find jobs and internships. You'll also use Handshake to schedule appointments with Career Advisors. Log in and create your profile using this quick start guide.

4 **CAREER COMMUNITITES**
The Career Center is organized by 7 Career Communities, each with its own customized page on our website featuring resources, opportunities, and a lead advisor to guide you as you explore your various interests.

5 **CAREER LAB**
A space where you can drop in without an appointment any day of the week for quick questions and advice. The Career Lab is a great place for first-year students to get an introduction to the Center and our resources.

6 **DESIGNING YOUR CAREER JOURNEY COURSE**
The perfect introduction for first-year students: A 7-week course where you'll create a plan to kick off your career exploration at Tufts.

7 **CAREER GUIDE**
Start transitioning your high school resume into a college resume using the Career Guide and its examples.

8 **APPOINTMENTS**
Starting in November, first-year students can schedule one-on-one appointments with Career Advisors using Handshake. Schedule general appointments to get started and career community specific appointments to explore your various interests.

9 **ON TRACC DIGEST**
New this fall! In addition to the Career Center's weekly eNews, all students will receive a personalized email digest with career blogs, job & internship listings, events, and more. Students will be able to log into our website and customize these digests to best fit their needs.

10 **EVENTS**
Each semester the Career Center hosts a variety of events to support students in their career readiness. A complete list of events can be found in Handshake and on our semester calendar.