

First-Year Guide to the Career Center



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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.

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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.

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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.

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ON TRACC

(Tufts Recent Activity in Career Communities)

In addition to the Career Center's weekly eNews, all students receive a personalized email with career blogs, job & internship listings, events, and more. Students can log into our website and customize these emails to best fit their needs.

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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 [calendar](#).