

# 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.

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## CAREER 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.

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## HANDSHAKE

An important place for students to find jobs and internships. You'll also use Handshake to schedule appointments with Career Advisors. Later this summer, you'll be able to log in and create your profile using this [quick start guide](#).

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## 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.

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## 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.

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## 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 mid-fall, 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](#).