



## Career Development Center FAQs

### 1. What does your office do?

The [Career Development Center](#) is a useful resource for you as a first-year student, all the way through your college career, and as an [alumni](#), too!

- As a **first-year student**, we can help you learn more about yourself and choose [major\(s\) and career path\(s\)](#) that are good fits for your personality, interests, values, and skills.
- As a **sophomore**, you will want to dig deeper to find out more about those career fields by doing research, informational interviews, and attending events with our [alumni](#) and employer partners.
- **Juniors** at St. Thomas utilize the Career Development Center in their [internship](#) searches. We help prepare resumes and cover letters, develop strong interviewing and networking skills, and connect with employers via [Handshake](#), job fairs, and other events.
- When you are a **senior**, you may return to the Career Development Center for help with your [job search](#). Job searches and internship searches are much the same, but practice makes perfect, and we are here to help.

### 2. What can I start doing for my career development right now?

The earlier, the better! As a first-year student, you can get started on developing a [resume](#) and begin [exploring your major and career fields](#). Just as you can create a four-year academic plan, you can also create a four-year plan for your career development – identifying the many amazing opportunities to take advantage of at St. Thomas! Also, between career fairs, interviewing or other options, we host employers on campus throughout the year that will make learning about career paths and opportunities really easy.

### 3. When should I get an internship?

For the majority of students, [internships](#) are completed the summer after your junior year of college. In some instances, students may complete an internship earlier than that or have multiple internships. When you will begin applying for internships will vary depending on your field (in some fields, recruiting begins up to a year before your start date!). We recommend starting to plan for internships well before your junior year.

In addition to [internships](#), there are a variety of other ways to can gain valuable experience and skills for your careers, including [studying abroad](#), [volunteering](#), joining [campus clubs and organizations](#), [athletics](#), [campus leadership positions](#), and more.

### 4. Where can I learn more about the Career Development Center?

Check out the [Career Development Center webpage to learn more about how we can support you](#). You are welcome to contact us at [career@stthomas.edu](mailto:career@stthomas.edu) or (651) 962-6761 with questions.