There is so much more to Career Services than on-campus recruiting. I found the information in the Career Resource Center to be incredibly useful. I might not have ever applied and been accepted for my job as a foreign service officer had I not seen all of the material there. The personal attention of the staff in helping me through a difficult interview process was very helpful.

John Ashworth, politics major
Foreign Service Officer, U.S. Foreign Service
Historically, over 90 percent of Wake Forest graduates are employed or enrolled in a graduate or professional program within six months of graduation. Here’s how you can prepare yourself for life after Wake Forest.

**Office of Career Services**

**Programs and Services**

- Individual career planning
- Job search skills workshops
- Career seminars
- Annual Career Fest
- Graduate and Professional School Fair
- Resumé consultations
- Mock interviews
- Networking opportunities with alumni
- On-campus recruiting
- Job and internship postings
- ACAP—a network of alumni willing to share information about their fields

**Resource Center with information on:**

- Occupations
- Employers
- Cities of interest
- Job search preparation techniques
- Interviewing
- Graduate and professionals schools, including registration materials for GRE, LSAT and MCAT
most appreciated that the Career Services staff went out of their way to familiarize themselves with me and my goals; thus, I never felt like a stranger when I approached the office. The staff granted me the chance to network with some resourceful alumni and employers that helped me land a great internship and job. I traveled to New York for the Networking Forum, and it heightened my awareness of the opportunities outside of the regional job market and gave me confidence to explore every opportunity imaginable.

Shereen Miller, communication major
Marketing Manager, Sports Illustrated
Explore your interests, values and skills. Find out about classes and possible majors that might fit with who you are.

- Speak with a staff member at the University Counseling Center about your options for career exploration.

- Explore campus activities that will boost your organizational, leadership and interpersonal skills.

- Attend the annual Career Fest and the “Real World” series.

- Participate in a summer work experience, internship or volunteer activity that will help you explore a career of interest to you.

- Read about careers. Resources are available in the Office of Career Services Resource Center and on the Career Services home page.

- Talk with volunteers in the Alumni Career Assistance Program (ACAP) about their professions.
Career Services helped make my time at Wake Forest much more successful. Beginning with resumé help freshman year and guiding me through the internship search process, the office provided me with valuable support. The mock interview coaching I received gave me an edge over candidates from other schools when looking for employment. I hope to continue my involvement with Career Services through the Alumni Career Assistance Program, so that I will be able to help others in their job search.

Scott Abbott, history major
Teacher, Charlotte-Mecklenburg School System
Continue to explore your interests, values and skills. Begin to focus your educational/occupational options.

- Sign up for a Life/Career Planning Group at the University Counseling Center, where you will use the results of an interest inventory (Strong Interest Inventory) and a personality indicator (Myers-Briggs Type Indicator) to explore your future career options.

- Enroll in CNS 102—Exploration of Career Planning (a class that will introduce you to all the basics of preparing for a career).

- Talk to your professors about majors and career options.

- Begin building a contact network of professionals in careers of interest—make an appointment with a career counselor to find out about the Alumni Career Assistance Program (ACAP).

- Get involved in campus activities and/or volunteer activities to build your work-related skills and to continue to explore your options.

- Utilize the Career Services Resource Center to learn about all the careers available to you.

- Talk to Career Services about internship possibilities and register for ECHO.

- Create a resumé and have it critiqued during the walk-in resumé consultation times or by scheduling an appointment.

- Revisit Career Fest to talk with employers about internships and summer employment opportunities.

- Get an internship, part-time job, summer job or volunteer position in order to obtain first-hand experience in your fields of interest.
One of the greatest benefits Career Services offers to students is exposure to a wide variety of options available after graduation. Through the extensive library of materials and a full schedule of programs, students can find out about virtually any career or educational path without leaving campus. During my time at Wake Forest, I had the chance to speak with numerous employers from many fields and was truly able to narrow my career search, while gaining a greater understanding of my own interests and strengths.

Mathew Reynders, Economics Major
Analyst, Hearst Magazines
Set and test career goals. Explore career-related work experience and/or graduate school. Prepare for next year’s job search.

**Explore Graduate School:**
- Talk with your professors about graduate school. Attend Graduate and Professional School Day in November. Review graduate school catalogs, noting deadlines and entrance exam requirements for admission. Pick up exam applications in the Career Services Office. Plan to take exams in the summer or early fall of your senior year.

**Prepare for the Job Search:**
- Revise and refine your resumé.
- Establish your geographic preferences or restrictions.
- Make an appointment in the Career Services Office to discuss your plans.
- Identify at least three potential references for your job search or graduate school admissions process.
- Talk to/observe Wake Forest alumni who are working in your field of interest, using the Alumni Career Assistance Program (ACAP).
- Attend “Real World” programs—informal discussions featuring professionals in your fields of interest.
- Continue your involvement in internships, part-time work, campus activities and volunteer experiences to develop qualities desired by employers, i.e. leadership, communication, analytical, interpersonal and teamwork skills.
- Read career information in the Career Services, Z. Smith Reynolds and public libraries, as well as material on the Internet and the Career Services Office home page.
- Register for ECHO, Career Services’ online job and internship posting system.
- Sign up for a Life/Career Planning Group at the Counseling Center if you haven’t done so previously.
- Consider applying for the Summer Management Program, if you are a liberal arts major interested in a career in business.
want you to pass this word of advice on to every student you speak with. After they offered me the job, they asked “Do you know why we hired you?” I said, “Why?” It wasn’t my experience because I had none. They gave me the job because I wanted it the most. My passion, enthusiasm, go-getter attitude, and willingness to learn made them want to take a chance on me. So, please tell every student you see that if they want the job, they have to show it!

Omar Qari, computer science major
Financial Specialist, Wachovia
Develop strategies for finding a job or getting accepted to graduate school.

- Attend the “Jump Start Your Job Search” workshop in August or a registration meeting to access ECHO and register with the Career Services Office.
- Identify your job goals and your job skills.
- Make an appointment with a career counselor to discuss your job search strategy.
- Update your resumé and have it critiqued by a Career Services staff member during the walk-in resumé consultation times or by scheduling an appointment.
- Develop your cover letters and a list of three to five professional references.
- Attend Career Fest in September to talk with potential employers.
- Participate in a mock interview. Sign up in the Career Services Office.
- Gather information about jobs you’d like to have and organizations for which you’d like to work from previous employers, friends, faculty, friends of your parents, parents of friends and ACAP (Alumni Career Assistance Program) volunteers.
- Attend the Networking Forums to network with Wake Forest alumni for career information.
- Check ECHO frequently for new organizations scheduled to recruit on campus and to review new job postings. Submit resumés for those organizations with which you are interested in interviewing.
- Research employers in your field of interest and develop a list of organizations to contact. Contact these employers by phone, or by sending a cover letter and resumé. E-mail can also be an effective tool for correspondence.
- Review job postings on the Internet and in newspapers.
- Take graduate school entrance exams in the fall. Complete applications for graduate and professional schools by deadlines.
- Follow up on all leads. Keep in touch with employers.
There were many aspects of Career Services that helped me land my job. First, there were the resumé consultations. Working on my resumé one on one with a trained expert delivered a resumé tailored specifically to the job I was applying for. Second, there were the mock interviews. I received feedback on how I could improve the way I conducted myself, and it gave me a chance to practice my interviewing skills without the pressure of a real interview. This gave me the confidence that I needed to be successful.

Goldyn Besas, Information Systems Major

Analyst, Accenture