



Arts & Sciences Junior Checklist

☐ Track your progress with your degree audit.

In collaboration with advising, your degree audit is a powerful tool to help you plan your academics and track progress toward the completion of degree requirements. Learn how to read and use your degree audit ([DegreeWorks](#) or [Stellic](#)) and contact your academic advisor if you have any questions. Degree audits can be viewed through [MavLINK](#) - Degree Audit tab.

☐ Utilize UNO's career resources

General Career Guidance: UNO Career Services provides a variety of career resources to ALL UNO students and alumni and has career advisors available to help you map out long-term goals and plan your next steps.

[Schedule an Appointment with a Career Advisor via Handshake](#)

[Résumé and Cover Letter Resources](#)

[Interviewing Resources](#)

[Attend On-campus Career & Internship Fairs](#)

Pre-Health Guidance: If a professional health career is where you see yourself in the future, the Health Careers Resource Center (HCRC) would be your contact for specialized health career guidance. Pre-health advisors are available to help you map out long-term goals and plan your next steps, regardless of your chosen UNO major.

[Schedule an Appointment with the Health Careers Resource Center](#)

[Learn about Different Health Careers](#)

[AHEC Shadowing Guide](#)

[Volunteer & Mentoring Opportunities](#)

[Job Opportunities](#)

☐ Gain valuable experience.

Internships and **part-time jobs** provide real world experience to those looking to explore or gain the relevant knowledge and skills required to enter into a particular career field. If you are currently working, ask yourself if the position is related to your career goals, and if not, challenge yourself to seek new opportunities.

[On-campus Internship Contacts](#)

[Find an Internship or Job](#)

Enroll in a service learning class. Every semester, there are a variety of courses at UNO that incorporate service learning. Students are given the opportunity to apply the classroom curriculum to actual community-identified opportunities through hands-on projects. Service learning prepares students to work and serve in an increasingly diverse and challenging environment, making them more desirable for future employment and increases their sense of civic engagement.

[How to Enroll in Service Learning Classes](#)

Identify opportunities to engage in research within your academic program. A variety of resources are available at UNO for support of student research. A good first step is to talk to your advisor or faculty mentor. Some support may be available from your major department.

[Student Research Support](#)

[Research Opportunities for Pre-Health Students](#)

□ **Build your personal brand & professional network**

Your personal brand encompasses many different aspects, including pictures, social media profiles, your network, and information found on the internet. Now is a great time to begin evaluating your online presence and deleting anything that could hurt your chances of landing an internship or dream job.

Your professional network can be the key to unlocking all sorts of career opportunities. Begin connecting with classmates, coworkers, friends, family, and other UNO alumni on [LinkedIn](#), [Handshake](#), and other professional platforms.

[Personal Branding & Networking](#)

[Professional Headshot Studio](#)

□ **Explore graduate/professional school programs**

Are you considering graduate or professional school? Depending on your situation, graduate/professional school can be a great idea or poor decision. Check out the links below on how to go about making this decision, as well as steps you can take to begin your search for graduate or professional programs.

[Preparing for Graduate School](#)

[How to Start Your Grad School Search With Confidence](#)

[UNO Graduate Programs](#)

The Fast Track program at UNO offers highly qualified and motivated undergraduate students the opportunity to complete a master's degree along with their bachelor's degree in an accelerated time frame. With Fast Track, students may count up to nine (9) graduate credit hours towards the completion of both their undergraduate program and master's degree program.

[Learn more about the UNO Fast Track Program](#)