

	FRESHMAN	SOPHOMORE	JUNIOR	SENIOR	CAREER
Grow ACADEMICALLY	Investigate introductory courses such as CHE 1115 General Chemistry I, CHE 1125 General Chemistry II, and BIO 1004 Principles of Biology. Familiarize yourself with your department by getting to know the professors and students.	Explore career goals with your advisor and consider adding a double major or minor. During this year, discover more about Chemistry by engaging in courses that make up the Chemistry Core such as CHE 3304 Organic Chemistry I and CHE 3314 Organic Chemistry II.	Continue engaging in the Chemistry Core Courses as well as upper- division chemistry electives. Focus on Biochemistry courses during this year.	Upper-level science courses such as BIO/CHE 4471 Seminar, BIO 4224 Cellular and Molecular Biology and CHE 4412 Advanced Chemistry Lab will bring your academic experiences together and prepare you for your desired career path upon graduation.	Physician Dentist Physical Therapist Occupational Therapist
Pursue SERVANT LEADERSHIP	Participate in student organizations and professional associations like Sigma Zeta Honor Society and Pre-Health Society. Engage in Chapel services and explore other Community Life + Worship opportunities.	Take more responsibility in your extra-curricular activities. Engage in your student organization and consider a leadership role. Explore research opportunities such as SURE and REU.	Demonstrate servant-leadership by making new members feel welcome and pursuing leader and officer positions in your organization. Consider becoming a Teaching Assistant and tutoring other students through SBU's Run2Win program.	Consider helping with recruiting events, and spread the word about what clubs, organizations, and events you have enjoyed.	Chiropractor Veterinarian Molecular Biologist Geneticist Pathologist Physiologist
Embrace OUR GLOBAL SOCIETY	Visit SBU's Center for Global Connections to learn about global service opportunities.	Are you interested in studying abroad? Ask your advisor or Career Services about study abroad opportunities.	Explore opportunities to participate in summer abroad research programs. Engage with another culture or improve your language skills by taking a class or being involved with the Center for Global Connections.	Assess what opportunities, locally and globally, are available upon graduation.	Toxicologist Biotechnologist Healthcare Scientist Laboratory Technician
Plan for YOUR FUTURE	Discuss your career interests with an advisor and identify your goals. Cultivate genuine relationships with professors and attend tutoring sessions.	Begin building your résumé by keeping track of all clubs and organizations. Continue this through your college career. Learn from your peers by forming study groups in the student community room. Research possible internships.	Explore graduate schools, if you desire to continue your education. Consider what required tests you should be preparing for (GRE, MCAT, PCAT, etc.). Consider job shadowing in the profession you are considering.	Identify and ask individuals if they will write letters of reference/recommendation for you. Finalize your résumé and cover letter. Apply to graduate or medical school.	Medical Technologist Pharmacologist Toxicologist