



B.S.P.E PHYSICAL EDUCATION

Each year of this plan includes milestones that support the four pillars of career development — self-discovery, exploration, experience, and action. These milestones are here to guide you, not limit you — your journey may move at a different pace, and that's completely okay.

YEAR 1 | BUILD FOUNDATIONS

- Identify your career goals and take [career & personality assessments](#) to understand your skills, interests, values and strengths
- Examine [success/support](#) options like the [Office of Student Advocacy](#)
- [Explore](#) what you can do with your major 🧐
- Visit [Garnet Gate](#) & the August Student Org Fair to explore and join clubs or orgs for your major
- Attend the [Part-Time Job Fair](#) and other [career & internship fairs](#) in the fall/spring to gain exposure to programs/jobs
- Explore [study abroad](#)/exchange programs for a global perspective
- Volunteer on or off campus with local organizations and connect with the [Leadership and Service Center](#)
- Join extracurricular activities based on interest to network & develop skills
- Get involved to build on the [eight Career Competencies](#) employers look for
- Search and apply for summer experiences related to your goals & interests 🧐
- Meet with a CC to discuss your personal brand, goals & next steps and to develop a customized career plan and resume
- Consider attending Career Center workshops and presentations

YEAR 2 | EXPLORE POSSIBILITIES

- Take the GradStats [personality assessment](#) & review your custom personality report 🧐
- Reflect on your experiences and skills to see what areas need more development and update your resume 🧐
- Consider a [minor](#) or an additional [certification or endorsement](#)
- Attend events hosted by graduate/professional schools or employers to learn about different career paths
- Check out the [Research Units and Initiatives](#), and get involved in research related to your interest
- Consider doing a summer internship 🧐
- Participate in [job shadowing](#) or tutoring or participate in a formal mentoring program using [Mentorship Hub](#)
- Connect with former supervisors on [LinkedIn](#) and ask them to write you a recommendation
- Engage in interview preparation & practice — create a document with your most relevant experiences and apply the STAR method
- Start/continue volunteering at schools/non-profits to help set yourself apart
- Further explore your career interest by connecting with [USC Alumni](#) to conduct [informational interviews](#) with alumni & professionals in the field

YEAR 3 | FIND FOCUS

- Check in with your advisor to ensure you are on track for graduation
- Discuss with a CC or PPA how your 2nd year & summer experiences have better equipped you for success and update your resume
- Connect with [USC alumni on LinkedIn](#) and start a conversation
- Explore courses, trainings or certifications to enhance skills and knowledge
- Attend employer, professional or graduate school panels, workshops, & immersion experiences to gain confidence & grow connections
- Follow employers of interest 🧐
- Seek internships, practicum, experiences, etc. to make you more competitive
- Prepare for entrance exams if you plan to pursue an advanced degree
- Contact graduate/professional schools for specific admission requirements & contact [Pre-Professional & Graduate School Advising](#) for assistance
- Join professional organizations related to your specific interests
- Participate in opportunities (internships/co-op, research, study abroad, etc.) that will benefit your career progression
- Identify potential faculty or supervisors who can serve as references for you
- Explore the [Career Center Toolkit](#) for additional career readiness resources
- Research education requirements for careers of interest

YEAR 4 | PREPARE FOR LAUNCH

- Review & update your professional documents and online profiles
- Meet with a CC or PPA to prepare an approach for your final year
- Meet with your CC to explore various career options if you decide to take a Gap Year or that Grad school is not for you
- Research online to know more about the companies and positions you are interested in and explore career paths, job titles, and salaries 🧐
- Verify graduation requirements
- Attend Education Recruitment Day and other events & fairs to gain info on specific jobs, programs & opportunities
- Ask your professors, supervisors and key connections to write recommendation letters or to serve as references
- Join professional associations, organizations or online forums related to your career interests or academic field
- Apply to graduate/professional schools and/or employment opportunities
- Continue to engage in interview preparation & practice
- Complete the graduation survey to share your post-grad plans



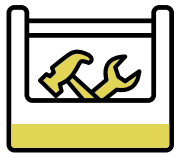
GAMECOCK GRADSTATS DATA



Average Annual Salary of USC B.S.P.E.
Physical Education Graduates*

\$55,024

* 5-7 years after graduation, includes Early
Childhood & Elementary Education and
Middle & Secondary Education



Skills Employers Look for

(in no particular order)

Customer Service
Event Management
Interpersonal Communication
Leadership
Management
Microsoft Excel
Multitasking
Problem Solving
Public Speaking
Research
Sales
Social Media
Social Networking Service
Teaching
Teamwork



DON'T FORGET THESE IMPORTANT TASKS!

- Build & update your [Handshake](#) profile.
- Create & update [professional documents](#) (resume, CV, references, etc.).
- [Schedule an appointment](#) with Career Coaches and/or Pre-Professional Advising staff.

» [DISCOVER EMPLOYERS HIRING YOUR MAJOR](#)

CAREER CENTER TOOLS

Check out the links below and explore all the tools the Career Center has to offer.

[CANDID CAREER](#) »»

Candid Career is our provider for thousands of video informational interviews with industry professionals. You can get real insight on careers, as well as tips to sharpen your the job search.

[CAREERSHIFT](#) »»

CareerShift is an online tool that allows you to search, select and store job listings from all job boards and all company job postings. You can also find up-to-date contact information for millions of companies.

[GAMECOCK GRADSTATS](#) »»

Explore the possibilities! Search & view USC students' post graduation career paths: where they work, skills they use, & how much they earn.

[HANDSHAKE](#) »»

Handshake is the Career Center's online resource for jobs, internships, events and employer connections. Handshake is also where you can find resources and make appointments with a career coach.

[INTERSTRIDE](#) »»

Interstride is a one-stop-shop that empowers you to thrive internationally.

[MENTORSHIP HUB](#) »»

Mentorship Hub is an online platform that connects the USC community. The platform provides career support, career resources, and an opportunity to mentor or seek mentorship.

[WHAT CAN I DO WITH THIS MAJOR?](#) »»

Explore unexpected career possibilities for your degree and see how other students turned their major into amazing careers.

Other Campus Resource Links:

- [Academic Advising](#)
- [Center for Integrative and Experiential Learning](#)
- [Leadership and Service Center](#)
- [Office of Undergraduate Studies](#)
- [Undergraduate Research](#)

The Career Center realizes that every student has a unique journey during their time here at the University of South Carolina. All students move at different paces along different paths. We acknowledge your individual needs and will meet you at whatever stage you are in. This document is meant to serve as a milestones guide to help you plan your future and your goals.