

4-YEAR STUDENT CAREER PLAN

B.S.P.E. Physical Education

	KNOW YOURSELF	EXPLORE OPTIONS	ENGAGE & EXPERIENCE	TAKE ACTION & REFLECT
1ST YEAR: BUILD FOUNDATIONS	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> Volunteer on or off campus with local organizations and connect with the Leadership and Service Center Engage in extracurricular activities based on interest to network & develop skills Get involved to build your eight Career Competencies that employers look for 	<ul style="list-style-type: none"> 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
2ND YEAR: EXPLORE POSSIBILITIES	<ul style="list-style-type: none"> Take the GradStats personality assessment & review your custom personality report 🗣️ Reflect on your experiences and skills in relation to career goals and update your resume Review skills to see what areas need more development 🗣️ 	<ul style="list-style-type: none"> Consider a minor or an additional certification or endorsement Attend events hosted by graduate/professional schools or employers to learn about different career paths 	<ul style="list-style-type: none"> 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, mentoring or tutoring. Participate in a formal mentoring program using Mentorship Hub Connect with former supervisors on LinkedIn and ask them to write you a recommendation 	<ul style="list-style-type: none"> Engage in interview preparation & practice — create a document with your most relevant experiences and apply the STAR method 🗣️ Start or 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
3RD YEAR: FIND FOCUS	<ul style="list-style-type: none"> 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 Reflect on your experiences and skills and update your resume 	<ul style="list-style-type: none"> 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 🗣️👉 	<ul style="list-style-type: none"> Seek internships, practicum, experiences, etc. that will 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 	<ul style="list-style-type: none"> 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 Toolbox for additional career readiness resources Research education requirements for careers of interest
4TH YEAR: PREPARE FOR LAUNCH	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> 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 the Education Professional Development event 	<ul style="list-style-type: none"> 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 Continue to search for jobs 	<ul style="list-style-type: none"> Apply to graduate/professional school programs 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*

\$54,026

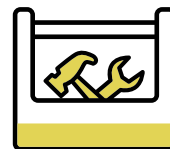
* 5-10 years after graduation



Skills Employers Look for

(in no particular order)

- | | |
|------------------|-----------------|
| Coaching | Microsoft Excel |
| Customer Service | Public Speaking |
| Event Management | Social Media |
| Leadership | Sports |
| Management | Teaching |



Legend

CC Career Coach
PPA Pre-Professional Advisor

- [Handshake](#)
- [Big Interview](#)
- [Gamecock GradStats](#)



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 & Graduate School Advising staff.

»» [DISCOVER EMPLOYERS HIRING YOUR MAJOR](#)

CAREER CENTER TOOLS

Follow the links provided to explore all of the tools that the Career Center has to offer.

[BIG INTERVIEW](#) »»

Big Interview is the Career Center's online practice interview resource that allows students & alumni to conduct a mock interview on their own time, accessing thousands of questions that are broken out into general, behavioral & technical questions.

[CANDID CAREER](#) »»

Candid Career is the premier provider of thousands of informational video interviews featuring industry professionals. Students & alumni can get the inside scoop on careers, as well as advice that will provide an edge in the job search.

[CAREERSHIFT](#) »»

CareerShift is an online tool that allows students to search, select and store job listings from all job boards and all company job postings. Students & alumni 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 students can find resources and make appointments with a career coach.

[INTERSTRIDE](#) »»

Interstride is a one-stop-shop that empowers students 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.

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.