Trimester 1-3 Students: Inquiry and Awareness

- Register with TCCconnect at the Career Resource Center
- Learn more about the chiropractic profession and explore the different avenues that relate to them. Think of career planning in terms of the skills and knowledge you will gain to prepare you for the variety of options within chiropractic.
- Complete an informational interview with one of our alumni and mentor to gain his or her perspective and advice.
- Get to know your fellow students, faculty members, staff, and administrators who can provide you with information career options. (Begin to build your career network).
- Visit the Career Resource Center to learn about volunteering. Volunteering not only allows you to serve the community, but also to explore new career options, network, and build workplace skills that can be documented on your resume.
- Working part-time or interning in your field of interest is a great way to “try out” a career while acquiring experience to add to your resume. Browse part-time opportunities for students on campus and talk with local employers about opportunities.
- Attend career workshops, employer panels and career fairs to learn about internships/co-op opportunities and how to be a competitive candidate for such positions.
- If you need help with study habits or test anxiety, visit with Student Support Services.

Trimester 4-6 Students: Assessment and Exploration

- Scan the suggested steps recommended for trimester 1–3 students as they also apply to trimester 4-6 students.
- Visit the Career Resource Center and browse through books on writing resumes and cover letters and conducting an effective job search. You will also find books on developing leadership skills and exploring careers.
- Continue to be involved in campus and community activities to develop leadership and time-management skills while building your resume.
- Identify career mentors. Talk with a career consultant about the Alumni Career Mentor Program.
- Update your TCCconnect account and post your resume with our resume bank; begin searching for internships and alumni shadowing.
- Schedule a virtual or face-to-face practice interview through the Career Resource Center.

Trimester 7-8 Students: Gaining Career Experiences

- Scan the suggested steps for Trimester 1-6 students as many of them also apply to Trimester 7-8 students.
- Update your profile and resume on TCCconnect, talk with professors and supervisors about serving as references.
- Explore career options by viewing job descriptions and attending employer information sessions held throughout recruiting season.
- Continue developing skills and relationships through student organizations, internships, part-time employment, and volunteer experiences.
- Research thoroughly career choices and interview professionals in your area(s) of interest.
- Attend career fairs and employer panels, preparing ahead of time so you can engage employers in conversation about your qualifications and employment opportunities.

Trimester 9-10 Students: Job Search/Career Planning

- Scan the suggested steps for trimester 7-8 students as many of them also apply to trimester 9-10 students.
- Meet with a career resources center staff to have your application materials (resume and cover letter) critiqued and to discuss different job search strategies. Begin to apply for jobs.
- Schedule mock interviews to sharpen your skills.
- Identify both on-campus and off-campus recruiting opportunities. Sign up for on-campus interviews through TCCconnect.
- Recruiting season runs from September through November, January through March, and May through July.
- Attend career workshops including, “Dining Etiquette,” and “Networking at Receptions”.
- Continue your efforts to build contacts through campus and community involvement and stay in touch with people in your network who can assist you in the job search.
- Visit the Career Resource Center for information on topics such as behavioral interviewing, salary negotiation, and relocation.
- Let the Career Resource Center know your employment status and stay involved with TCCconnect.