

CAREER-READY MAP | LIFE & HEALTH SCIENCES

Use this map to plan and integrate your academic and cocurricular experiences during your time at UTSA.

MAJORS BIOLOGY | ENVIRONMENTAL SCIENCE | ENVIRONMENTAL STUDIES | KINESIOLOGY | MICROBIOLOGY AND IMMUNOLOGY | NEUROSCIENCE | NUTRITION AND DIETETICS | PUBLIC HEALTH

THE UTSA STUDENT EXPERIENCE



INDUSTRY

- » Apply for a [micro-internship](#) (5 to 40 hrs)
- » Tour an in-person [career expo](#) to learn about companies
- » Attend virtual [career expo](#) group sessions to learn about companies
- » Talk to companies tabling on-campus
- » Apply for [Citymester](#) for valuable career skills
- » Attend [CAREER-A-PALUTSA](#) to network



COMMUNITY

- » Join academic, social, or service [student organization\(s\)](#)
- » Become a [Najim Strategist](#)
- » Conduct [informational interviews](#) with upperclassmen in interesting majors
- » Go to [EntreprenUTSA](#) to network
- » Apply for [work-study](#) or [on-campus](#) job



TECHNOLOGY

- » Complete [career readiness badges](#)
- » [College Guide to Gaining Experience](#)
- » Watch the [Rowdy Intern Video Series](#)
- » Review [What Can I Do With This Major](#)
- » Review [My Next Move](#), a career exploration tool



INITIATIVE

- » Attend workshops for [marketable skills](#)
- » Enroll in [career-related classes](#)
- » Participate in the [Advocacy Internship Program](#) and/or [Career Innovation Summit](#)
- » Attend [UCC Cultivating Career Confidence workshop](#) for a confidence boost
- » Develop [Entrepreneurial mindset](#)

FIRST YEAR

MIDDLE YEARS

LAST YEAR

- » Attend in-person and virtual [career expo](#)
- » Apply for an [internship](#)
- » [Undergraduate research](#) opportunities
- » Attend the [Health Professions Fair](#)
- » Apply for [Archer Fellowship Program](#) to intern in Washington D.C.
- » Apply for the [Students + Start-ups Program](#)

- » Conduct [informational interview\(s\)](#) with alumni in [Roadrunner Network](#)
- » Join the [Rowdy Corps Community Scholars Program](#)
- » Participate in [UTSA Day of Service](#)
- » Apply for [Global Summer Institute](#)
- » Apply for a leadership role in [student org\(s\)](#)
- » Enhance your experiential learning by joining the Honors College (requirements [here](#))

- » Utilize [VMock](#) to improve your resume
- » Utilize [VMock](#) for elevator pitch/interview
- » Utilize [VMock](#) to evaluate LinkedIn profile
- » [Adobe Creative Skills Series](#) for added credentials

- » Work on an [Experience Transcript](#)
- » Attend [career workshops](#)
- » Create a [LinkedIn](#) profile
- » Enter [Civic and Social Experience \(C.A.S.E.\) Challenge](#)
- » Apply to [Nationally Competitive Awards and Scholarships](#)

- » Review [Industry Reports](#) for career outcome data
- » Review [SeekUT](#) for salary data
- » Attend in-person and virtual [career expos](#) to search for full-time job
- » Utilize ONET to explore career opportunities

- » Review [Cost of Living](#) resource
- » Apply to join the [UCC Student Advisory Board](#)

- » Update [LinkedIn](#) profile for job search
- » Utilize [VMock](#) to update resume for job search
- » Utilize [LinkedIn Learning](#) to upskill
- » Practice interview on [Interviewing.com](#)

- » Take the lead in a group project
- » Enter [Big Rowdy Idea](#) Pitch Competition
- » Enter the [Roadrunner Experience Showcase](#)

Academic Success Checklist

- Meet with your science mentor
- Sign up for COS 4-year plan (via RowdyLink)
- Attend Faculty Office Hours
- Attend SI/TA Session
- Attend the Expert Learning "How-to" Series
- Meet with an Academic Peer Coach or Student Success Coach
- Utilize tutoring services and SI services
- Meet with your Peer Mentor

Career Development Checklist

- Take [Career Assessment](#)
- Professional headshot in [Iris Booth](#)
- Create [Handshake](#) profile
- Create a [Roadrunner Network](#) profile
- Upload resume into [VMock](#)
- Create [Roadrunner Career Navigator](#) profile
- Explore [RowdyLink](#) to discover events, programs, and organizations on campus

CAREER INFORMATION

What [marketable skills](#) do employers want?

- Career & Self Development
- Communication
- Critical Thinking
- Leadership
- Professionalism
- Teamwork
- Technology

What careers can I pursue?*

- [Biology](#)
- [Environmental Science](#)
- [Environmental Studies](#)
- [Kinesiology](#)
- [Microbiology and Immunology](#)
- [Neuroscience](#)
- [Nutrition and Dietetics](#)
- [Public Health](#)

NOTE: Resources are in a recommended time frame but can be used throughout your college journey

* If considering a career in the health professions field, visit the [Health Professions Office](#); if considering a career in the legal field, visit the [Institute for Law and Public Affairs](#)