## 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

#### Career Development 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 Information

**What marketable skills do employers want?**
- 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

#### First Year
- 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

#### Middle Years
- 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)

#### Last Year
- 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
- Review Cost of Living resource
- Apply to join the UCC Student Advisory Board

#### Industry
- Apply for work-study or on-campus job
- 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

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

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

#### Initiative
- Attend workshops for marketable skills
- 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

#### FIRST YEAR
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**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.