Welcome to East Stroudsburg University!

You decided to attend college for a reason. Whatever your reasons are, we can pretty much assume that “securing your future” is up there on your list. A revealing 2012 study by the Higher Education Research Institute (HERI) at UCLA indicated that for current students, “to be able to get a better job” is the most significant motive for obtaining a college degree.

That’s where the ESU Career Development Center comes into the picture. Career planning begins your freshman year, not when you graduate! Before you feel overwhelmed, take a deep breath and relax—we’re here to help you every step of the way. Once you settle in on campus, make an appointment with a career counselor to begin your career planning experience. We expect to see you a lot all throughout your college career, so get to know us!

What can you expect when you visit us? Well, that depends on your goals. We customize every appointment to meet your needs. As college a freshman, below is a list of services that relate to you:

- **Self-Assessment**: Learn something about yourself, with the goal of matching careers to your profile. We will introduce you to FOCUS 2 at [http://www4.esu.edu/students/career_services/career_exploration.cfm](http://www4.esu.edu/students/career_services/career_exploration.cfm)—an online, interactive, self-guided career, major and education planning system where you can conduct:
  - Personality assessments
  - Skills assessment
  - Career interest assessments

- **Exploring Majors and Careers**: Maybe your head is spinning thinking of all the different programs offered here, and you don’t know how to choose. Or, you love a specific major, but you are unsure of the career opportunities associated with it. We can help with that by introducing you to [What Can I do with this Major?](http://whatcanidowiththismajor.com/major)—a very informative, useful tool that links majors and careers.

This is just the start of all the exciting career development opportunities we have to offer. We will be informing you of additional information as you progress through college. In the meantime, here are other things to keep in mind your freshman year:

- **Get involved on campus.** Gain leadership experience—it is one of the most desired traits of employers, and activities look great on a resume. Research and join campus organizations affiliated with your major.
- **Get to know your advisor** - pick their brain!
- **You are already registered on our central career portal for ESU students powered by Symplicity** — go to [http://warriorcareers.esu.edu](http://warriorcareers.esu.edu). Sign-on using your ESU login and password (see what it’s all about).
- **Visit the Career Development Center webpage on the ESU website** [www.esu.edu/careerdevelopment](http://www.esu.edu/careerdevelopment)

“Like” us on Facebook! – we won’t clog up your newsfeed, and it’s a great way to receive info on internships and events [http://www.facebook.com/ESUCareerServices](http://www.facebook.com/ESUCareerServices)

Follow us on Twitter! [https://twitter.com/ESUCareerCenter](https://twitter.com/ESUCareerCenter)

We look forward to meeting you shortly!

Career Development Center
University Center, Top Floor
Office hours: Monday thru Friday - 8:00AM-4:30PM; Tuesday - 8:00AM-6:30PM
Drop-in Hours Wednesday & Thursday 1:00PM-3:00PM; No appointment required (570) 422-3219
email: careerdevelopment@esu.edu Visit our website: [www.esu.edu/careerdevelopment](http://www.esu.edu/careerdevelopment)