

## FALL SEMESTER

## SPRING SEMESTER

Process your NBEF scholarship; and get acquainted with your NBEF AMP Coach.

Attend NBEF's College & Young Professional Network Summer Event.

Create a College Resume; and develop an Elevator Pitch.

Exercise "Self-Care" with awareness, intention, action and balance to maintain and/or improve your mental/physical health/well-being. Make a commitment to proper sleeping; eating; hydrating, exercising, etc. Tap into campus and/or external resources (i.e. counseling center), as needed.

Prepare for your Campus Move-in Day; or set up logistics for commuting to/from school.

Interact with your NBEF AMP Coach on Academic Transition: Note Taking, Time Management, and Study Habits.

Believe in yourself; trust your abilities and adjust to College Life and Campus Diversity with poise and strength.

Meet with your Academic Advisor and check out Writing Labs and other essential college based resources (virtual and in-person, if possible) --- Learn the Anatomy of your campus.

Enter your first day of classes confidently and know that you belong --- seat yourself in your classes in a strategic location.

Handle your first college assignments with assertiveness and self-assurance --- get out the gate strong and slay it!!!

Prepare for your First Exam and First Paper; find/create a work space and study area "that's best for you" .... You Got This!!!

Get to know your Professors, TA's and take advantage of their office hours; send emails to ask questions and get feedback.

"AMP-up" for your Mid-terms Exams!!!

Assess your performance on Mid-terms and develop a process for improvement.

Explore Campus Organizations/Cultural Centers that you may want to join.

Attend NBEF Career Development/Networking Events; hone in on your networking and interviewing skills.

Research the industry you are pursuing and visit your Campus Career Services Office in-person or virtually.

Pursue summer internships, fellowships, research assignments, apprenticeships, job shadowing opportunities, etc.

"AMP-up" for Final Exams!!!

Attend NBEF's College & Young Professional Network's Holiday Gathering Prep for Success Event (In-Person).

"AMP-up" your academic performance (focus on what you did well and didn't do well in the Fall Semester ... what were your strengths/weaknesses. Consider using resources/services that may help you improve and excel in the Spring semester).

Continue implementing "Self-Care" for maintenance of good mental/physical health and well-being with proper sleeping; eating; hydrating, exercising, etc. If needed, tap into campus and/or external resources (i.e. Counseling Center).

Again meet with your Academic Advisor to ensure that you are navigating your course selections properly and discuss possible Majors/Minors.

Enhance Your Resume and Elevator Pitch (Next Level!!!).

Develop your career related "Digital Footprints" (i.e. LinkedIn, Handshake, etc.).

"AMP-up" for your second semester Mid-terms Exams.

Assess your performance on Mid-terms and develop a process for improvement.

Elevate your attendance/participation in your Campus Career Services' events; and build a rapport with their personnel.

Attend NBEF Workshops in areas such as Mock Interviewing, Networking and Contact Management, School and Work life Balance, etc.

Identify a minimum of 5 persons who "look like you" and are doing "professionally or academically" what you aspire to do; and arrange "Information Meetings" with them.

Continue to pursue internships, fellowships, assignments for research, apprenticeships, job shadowing opportunities ... if you haven't acquired one yet (strive with a positive outlook).

Develop a Network of supportive upperclassmen, professors, professionals, mentors, references, etc. --- start building your "Career Development Team."

Join a campus organization; and make a positive impact in the lives of youth or in the community at large.

Apply for a NBEF Scholarship; and engage other NBEF resources that can help with your academic and career pursuits (i.e. NBEF Career Clusters).

"AMP-up" for your Final Exams!!!

Explore ways that you can improve after completing your first year of college. Meet with your NBEF AMP Coach to establish an action plan for the summer.

Ask your NBEF Amp Coach about a "Career Development Plan."

Stay laser focused on your passions, dreams and goals for your future. Keep your "Eyes on the Prize!!!"