

## Career Development Process

# Career Development Cycle



CAREER DEVELOPMENT CYCLE © 2007 STONY BROOK UNIVERSITY CAREER CENTER

The SBU Career Center would like to welcome you to one of the best experiences of your life. Throughout your Stony Brook University (SBU) experience you will be engaged in an environment where you will thrive and grow to heights you have never imagined. However, in order to get the most out of your time here it is important to utilize the resources surrounding you. Your four-year career development plan involves reaching outside of your comfort zone and getting involved with your campus community by engaging in your interests. It's okay to not know your intended career direction right away. Explore—relate—and discover the possibilities. Three things you should consider as they relate to your career exploration:

- Understanding and Knowing Yourself
- Engaging in Experiential Learning
- Occupation Information Gathering