THINGS TO LOOK FORWARD TO THIS YEAR
ACADEMICS AND ENRICHMENT ACTIVITIES

Now that you’ve completed your first year on campus, these are some of the things you should be thinking about and acting on over the next academic year:

Academics

If you haven’t already done so, make sure you finally declare MCB as your major. This can be done at the LAS Student Academic Affairs Office (2002 Lincoln Hall) during the prescribed curriculum change periods for the semester (see our web site, http://mcb.illinois.edu/undergrad/advising/announcements, for actual dates).

Plan on meeting with your academic advisor. We’re here to help you with your course selections, planning your semester schedule, degree requirements, career advice, etc. Remember, we do not assign advisors. You are free to schedule an appointment with any advisor by calling (217) 333-6774, using our online scheduler at https://mcb-uiucbioadvising.youcanbook.me/ or by stopping in to room 127 Burrill Hall. Also watch for our Express Advising times to be posted on our web site.

Enrichment Opportunities

Now is a good time to begin taking advantage of enrichment opportunities. Join an organization (RSO, pre-professional organization or student chapter of a national organization) and plan to take a leadership role in the future. Get involved in extracurricular activities like volunteering/community service, leadership programs, religious activities (mission trips) or job shadowing. Keep in mind that these activities may be important for your post-graduation plans.

Research

The best time to consider research is when you’re interested and ready to know more about what this experience can offer you. If now is not the best time for you, keep in mind that your junior year is considered by many professors to be the latest you should begin research. Be sure to attend one of our undergraduate research workshops, which are offered at least once per semester. You’ll receive sound advice regarding what working in research entails as well as the ‘nuts and bolts’ of the process.

Study Abroad

If interested, now is the time to begin looking into this. Do research into the specific program(s) you’re interested in and watch the First Steps Video on the Study Abroad web site, http://www.studyabroad.illinois.edu/. Keep in mind that The School of MCB offers a discipline specific study abroad program, The Pre-Medical/Dental Program at Newcastle University in England as well as an Exchange Program with Stockholm University.

We believe that these tips will help ensure that you have a rewarding and successful academic year. Please contact us if you have any questions or need help setting appropriate goals.

SEE OTHER SIDE FOR INFORMATION ON POST GRADUATION/CAREER PLANS
THINGS TO LOOK FORWARD TO THIS YEAR: POST-GRADUATION/CAREER PLANS

Post-graduation/Career Plans

Although it may seem early, you should begin thinking about your plans for after graduation. Do you intend to enter the workforce after graduation or continue your education by seeking an advanced degree?

Professional School or Graduate School

- Work on gaining valuable volunteer experience.
- Get involved in extracurricular activities and professional student organizations.
- Set up an Interfolio account at [http://www.interfolio.com/](http://www.interfolio.com/) (or use another service) for your letters of evaluation and start getting to know some faculty who might be able to provide a letter for you. Typically you will need letters from 2 science faculty and 1 non-science faculty by the end of your junior year.
- Research schools that you would like to attend.
- Find out what entrance exams are required and how to prepare for them.
- Ensure that you have (or will have) all of the prerequisite courses.
- Meet with advisors in the Career Center who can assist you with the application process.
- Plan to attend the Career Center’s Graduate & Professional School Fair (fall semester).

Entering the Workforce

- Attend the various job fairs and workshops offered on campus. These are a great way to network with companies who hire our students.
- Gain internship or job shadowing experience.
- Network! Join online networking sites and talk to people who are in the profession that you are interested in.
- Visit our Career Services web site at [http://mcb.illinois.edu/undergrad/advising/career_services/](http://mcb.illinois.edu/undergrad/advising/career_services/).

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