

The sociology program prepares students for civic engagement and social justice work in our globalized society. Students of sociology learn theoretical perspectives, and gain experience with practical research tools, to help them understand social institutions and social interaction, with special attention to inequality and other social problems. Graduates of the sociology program go on to academic and professional careers in a wide variety of fields including social work, education, government, and healthcare, as well as many others.

HOW TO USE THE ACTION PLAN

Use the Action Plan timeline to explore potential career paths and plan for success during and after your college experience. The Action Plan provides suggestions and a place to start the conversation with your advisor, but every person and every career journey is unique. Customize your own personal action plan using the **My Sociology Action Plan tool** (next page).

Maximize the time you have in college to prepare for your future. What do you want to do after you graduate with a multi-purpose Sociology degree?

The Action Plan helps you to come up with tentative goals (remember, it is ok if these change as you continue to learn more about yourself and the field!) so you can start working on short-term steps to help you reach those goals or shift directions. Remember, you do not have to do this all on your own. Get the support you need from your department and from Student Support Services like **Career Services and Advising (CSA)**.

WHY CONSIDER AN INTERNSHIP?

- Take on active roles in addressing a variety of social problems that affect people living in your local area
- Deepen your understanding of what you've learned in the classroom by applying it to a professional workplace setting
- Gain experience in potential career fields and build your professional network

EXAMPLES OF PAST INTERNSHIPS & RESEARCH

- Massachusetts Law Reform Institute
- Fitchburg Mayor's Office
- Department of Children and Families
- Lowell Community Health Center

ALUMNI STORY DR. KAPRISKIE SEIDE, '12

“ My time at Fitchburg State had an impact on both my intellectual and personal growth. The flexible curriculum allowed me to explore a range of subjects in addition to sociology and learn to approach different topics from multiple angles, and how to analyze racial-ethnic dynamics through a sociological lens ... I interned with former Mayor Lisa Wong at Fitchburg City Hall where I conducted research for the Fitchburg Public School Committee, provided conflict resolution and problem-solving assistance to local constituents, managed the office's social media presence, and assisted with public and official events.



Employer: Davidson College

Title: Assistant Professor of Sociology



CORE COMPETENCIES

Sociological Knowledge: Be well-versed in sociological concepts and theories; Have a detailed understanding of current sociological explanations about social problems and social issues; Understand the nature of social institutions and their impact on individuals; Be able to understand and apply the sociological imagination.

Critical Thinking & Problem Solving: Evaluate the reliability of information and the level of support for claims; Construct arguments using evidence; Be able to consider issues from an alternative/critical perspective; Analyze the perspectives and positions of others in order to create effective means of addressing shared challenges.

Teamwork & Collaboration across Difference: Work effectively in teams with people of different backgrounds and characteristics; Understand key differences across race, class, sex, gender, etc.; Utilize appropriate strategies to successfully contribute in groups of varying sizes and compositions.

Digital and Computer Literacy: Use various technologies to effectively locate and access data/information; Utilize technology as a means to present information to others.

Communication Skills: Engage effectively with others orally and in writing; Be attentive to others' communication in order to take in and respond to oral and written communication appropriately; Adjust your communication style to fit different situations.

ALUMNI CAREER FIELDS

20%
Education

12%
Non-profit and Human Services

11%
Business Development

9%
Healthcare/Clinical

Take a look at the suggested activities in the Action Plan below. You do not need to complete all these tasks, but it is a place to start generating ideas. Think about what you would like to work on now in order to feel well prepared to enter your career field or graduate school upon graduation. Use the blank My Action Plan tool with your advisor to come up with the action items that are priorities for you. Revisit and revise this action plan each semester.

FIRST YEAR

SOPHOMORE YEAR

JUNIOR YEAR

FINAL YEAR

ACHIEVE ACADEMIC MILESTONES

Take classes that interest and challenge you, particularly when selecting your General Education classes, and reflect on how they line up with potential careers

Confirm major choice is right for you.
Begin taking sociology courses in the content clusters of: Race; Social Class; Gender/Sexualities; and Social Institutions.

Discuss academic internships with your advisor.
Ensure you are on track to complete 120 credits needed to graduate.

Go over remaining degree requirements with your advisor and apply for graduation.

BUILD EXPERIENCE

Take a career strength/skills assessment.
Consider a part-time job to build your experience.

Apply to summer jobs/internships that will build relevant experience.
Speak to your advisor, or another professor, about your specific interests and research opportunities, such as the Undergraduate Research Conference.

Search and apply to internships in your career field.

Attend events with employers on campus/ career fairs/opportunities to network within your department.

JOIN THE CAMPUS COMMUNITY

Join university clubs and organizations that interest you, especially groups that address issues related to race/ethnicity, gender/sexuality and activism.

Pay attention to campus events and attend/get involved with the ones that interest you.

Seek out leadership positions in campus clubs/ activities.

Pay attention to campus events and attend/get involved with those that interest you or support your career exploration.
Take on leadership roles within campus organizations and departments.

EXPLORE CIVIC & GLOBAL ENGAGEMENT

Consider attending events sponsored by the Center for Diversity & Inclusiveness.
Consider studying/practicing a world language.

Talk with your advisor about the possibility of studying abroad.

Consider volunteering with local organizations or non-profits that are working in areas that interest you.

Consider participating in a service organization or fellowship after graduation.

PREPARE FOR LIFE AFTER GRADUATION

Familiarize yourself with the Career Services and Advising Center workshops and services.
Activate your Handshake account.

Talk to your advisor about opportunities within your major for internships/experiential learning.
Create a resume and have it reviewed by an advisor in the CSA Center.

Attend a CSA workshop or one-on-one meeting to go over cover letters and interview prep.
Update Handshake profile.
Create LinkedIn account/other accounts on industry specific platforms.
Consider graduate/professional schools and decide if it is right for you.

If applicable, take graduate school entrance exams and complete applications.
Develop a list of potential employers and check for recruitment events/open positions throughout the year.
Speak to your advisor and other faculty members about letters of recommendation.
Apply to jobs and follow up with job applications.