



# St. Martin Career Exploration Office

## Career and Professional Success

### Guidelines for Career Planning

Through a variety of services, we assist students in articulating career goals and creating well-informed action plans. Students are encouraged to stop by and check out what we have to offer, and remember it's never too early to begin career planning. The guidelines below are designed to provide an overview of the planning process.

#### Freshman Year: Get Connected and Get Involved

- Learn about on-campus [resources](#)
- Identify personal and professional interests using [Pathsource](#), a career exploration tool
- Join a student or academic [club](#) of interest
- Become familiar with career websites: [St. Martin Career Exploration Office's](#) and [UNH's Career and Professional Success](#)
- Log on to [Wildcat Careers](#), a web-based career platform housing information jobs and internships, events and resources
- Stop by Career Express to chat with a career professional and create your freshman [resume](#)
- Plan early for career-related summer work or consider a [Freshman Research Experience](#)
- Attend workshops and other career development [events](#) to familiarize yourself with resources

#### Sophomore Year: Define Professional Goals and Become More Engaged

- Inquire about [Hamel Center](#) research opportunities on-campus, in private industry, in government or nonprofits
- Plan for study abroad and internships abroad by contacting [UNH Global](#) and check out [global opportunities](#)
- Consider specific fields in your industry and connect to employment/internship opportunities
- Develop an understanding of the world of work by participating in career-related [events](#)
- Create a record-keeping system for websites and employers of interest
- Draft/update your [resume](#), cover letter and have it reviewed by a career professional
- Upload resume and cover letter to [Wildcat Careers](#)
- Create your [LinkedIn](#) profile
- Plan for summer [internships](#), research, part time employment or volunteering
- Connect with us on Social Media: Twitter [@UNHColsaCareers](#), [@UNHCaPS](#) and Facebook [@COLSACAREERS](#), [@UNHCaPS](#)
- Consider applying to the [Pathways Alumni Mentoring Program](#)

#### Junior Year: Clarify Goals and Test Options

- Meet with a career professional to articulate plans for the future and ensure timeliness
- Continue attending career related events
- Update your resume and [LinkedIn](#) profile reflecting your collegiate and industry experiences
- Complete an internship, field experience, research or project based assignment in your field of interest
- Stay current on trends in your field: read science journals and trade magazines, industry-specific email subscriptions
- Expand your network by joining a professional association and attend networking events
- Schedule informational interviews with professionals in your field; use [Interview Stream](#) and schedule a mock interview
- If considering graduate studies, prepare for admissions by becoming familiar with timelines and requirements of programs
- Take on leadership roles

#### Senior Year: Prepare for Life after College

- Develop your marketing strategy and timeline for post-graduation plans
- Continue to educate your self about state of labor market, industry and employers in targeted region
- Update resume, cover letters, references and [LinkedIn](#) profile to articulate professional and academic experience
- Know graduate school application process and deadlines
- Attend networking and career-related events: career fairs, on-campus employers, industry panels, workshops
- Update job-search record keeping system: record employers, websites and job opportunities
- Seek opportunities early; begin job search in the fall



St. Martin Career  
Exploration Office

Career Planning

Student Timelines

Internships

Research & Field Opportunities

[Make an appointment](#)



Rudman Hall, G11  
Tuesday & Wednesday  
1:00-3:00pm

**Lori Dameron**

Director  
Rudman Hall, G05C  
[Lori.Dameron@unh.edu](mailto:Lori.Dameron@unh.edu)  
603-862-1082

**Stephanie Banks**

Career Advisor  
Rudman Hall, G83  
[Stephanie.banks@unh.edu](mailto:Stephanie.banks@unh.edu)  
603-862-2505

<https://colsa.unh.edu/careers>

# College of Life Sciences and Agriculture Opportunities

## ON-CAMPUS LABORATORIES | AFFILIATED RESEARCH | FIELDWORK | INTERNSHIPS

The College of Life Sciences and Agriculture (COLSA) is committed to providing the best possible educational opportunities and resources for its students. Educational experiences are enriched through one's involvement in hands-on experience, and COLSA strongly encourages students to participate in experiential learning opportunities as they work toward their degrees.

### INTERNSHIP POSTINGS

#### [Wildcat Careers](#)

UNH's comprehensive web-based career platform that links students to opportunities. You may search postings for jobs, internships and work study opportunities as well as sign up for career events and schedule on-campus interviews.

### COLSA FACULTY

Get to know your [COLSA professors](#) and inquire about [research opportunities](#) in their labs.

### PROGRAMS AND OPPORTUNITIES

#### [COLSA Undergraduate Research Opportunities](#)

Learn about faculty research and potential opportunities working with COLSA faculty in their labs.

#### [Center for Social Innovation and Enterprise](#)

This interdisciplinary center offers high impact experiences for UNH students to apply their academic learning in real world settings.

#### [Shoals Marine Laboratory](#)

The Shoals field station caters to undergraduate students interested in focusing on marine topics. It is the largest facility of its kind and is operated by UNH and Cornell University.

#### [Hamel Center for Undergraduate Research](#)

Provides resources and financial support for research, scholarly and creative projects of UNH students.

#### [Research Experience and Apprenticeship Program](#)

Designed for motivated first year students in the Honors Program to explore topics of interest and prepare for advanced work in their field while developing relationships with faculty.

#### [INCO 590 and INCO 790](#)

Research experiences designed to assist students in developing research skills and applying them in advanced applications.

#### [Undergraduate Research Awards \(URA\)](#)

Awarded to students interested in conducting research on campus or elsewhere in the USA and designed to defray costs incurred from carrying out project.

#### [Summer Undergraduate Research Fellowships \(SURF\)](#)

An award granted to support student research in the USA or abroad for full-time summer research.

#### [International Research Opportunities Program \(IROP\)](#)

Competitive grants which support qualified projects in diverse settings: universities, government agencies, research laboratories and field sites. Students work with a UNH mentor to identify sites, foreign mentor, and prepare for cross-cultural experience.

#### [Office of Woodlands and Natural Areas](#)

Manages UNH's woodland's and natural areas for educational purposes, research opportunities and public health.

#### [UNH Global: Education Abroad Programs](#)

Over 400 study abroad programs available to students.

Additionally experiences to intern, volunteer, and research internationally are facilitated through the office.

#### [UNH Office of National Fellowships](#)

Includes a variety of organizations providing fellowships and scholarships.

#### [National Science Foundation's Research Experience for Undergraduates](#)

Funding for students to participate in faculty-lead research projects throughout the USA and internationally. Students are granted stipends, and often provided housing and travel expenses.

#### [New Hampshire Agricultural Experiment Station \(NHAES\)](#)

UNH's original research organization stewarding federal and state funding for research concerning sustainable agriculture and foods, aquaculture, forest management and related wildlife, environmental, natural resources and rural community topics.

#### [New Hampshire Veterinary Diagnostic Laboratory \(NHVDL\)](#)

Works at the junction of animal, public, environmental and economic health providing diagnostic services for the NH Dept. of Agriculture Markets and Food, and to veterinary clients, farmers, public health, and wildlife agencies.

#### [UNH Cooperative Extension](#)

Brings information and education into NH communities making individuals, businesses and communities more successful and its natural resources healthy and productive.

### LINKS TO UNH RESEARCH

#### [UNH Research](#)

#### [Atlantic Marine Aquaculture Center \(AMAC\)](#)

#### [Center for Coastal & Ocean Mapping \(CCOM\)/NOAA](#)

#### [Center for Collaborative Science](#)

#### [Center for Freshwater Biology \(CFB\)](#)

#### [Center for Molecular and Comparative Endocrinology \(CME\)](#)

#### [Center for Ocean Renewable Energy \(CORE\)](#)

#### [Center to Advance Molecular Interaction Science \(CAMIS\)](#)

#### [Coastal Response Research Center \(CRRC\)](#)

#### [Earth Systems Research Center](#)

#### [Environmental Research Group \(ERG\)](#)

#### [Glycomics Center](#)

#### [Hubbard Center for Genome Studies](#)

#### [Institute for Health Policy and Practice \(IHPP\)](#)

#### [Institute for the Study of Earth, Oceans, and Space \(EOS\)](#)

#### [New England Genetics Collaborative \(NEGC\)](#)

#### [New England Water Treatment Technology Assistance Center \(NE-WTTAC\)](#)

#### [NH Agricultural Experiment Station \(NHAES\)](#)

#### [NH Sea Grant College Program \(NH Sea Grant\)](#)

#### [NH Water Resources Research Center \(WRRRC\)](#)

#### [Northeast Consortium \(NEC\)](#)

#### [Ocean Process Analysis Lab \(OPAL\)](#)

#### [Piscataqua Region Estuaries Partnership \(PREP\)](#)

#### [School of Marine Science and Ocean Engineering](#)

#### [Sustainability and the Environment](#)

#### [Sustainability Institute at UNH](#)

#### [UNH Stormwater Center \(UNHSC\)](#)