

# Counseling and Public Service Milestones

*"A leader is someone who holds themselves accountable for finding potential in people and processes." – Brené Brown*

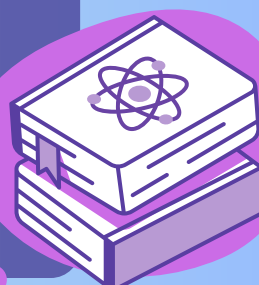
## Exploration

People who pursue counseling and public service careers may be interested in helping the community and the personal growth of others. People who work in counseling and public service are typically therapists, non-profit administrators, and community service managers. The information below will help you explore your options and how you can make the most out of your time at UC Riverside.



## Year 1: Transition to New Territory

- Take an assessment through the UCR Career Center
- Meet with your major advisor to review your course plan
- Review your University Honors requirements for first-years
- Join a club or organization and volunteer on a committee
- Review and explore different careers in public service
- Meet with a CHASS Career Specialist



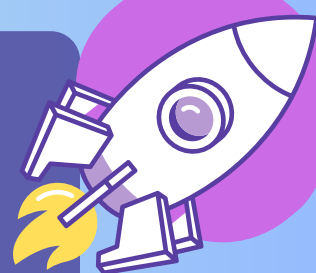
## Year 2: Try New Experiences

- Review and apply for scholarships and awards
- Apply for position as a peer mentor or peer counselor
- Consider volunteering for a non-profit organization
- Attend resume writing and internship workshops
- Setup a profile on Handshake and LinkedIn
- Attend a career or internship fair
- Consider experiential opportunities such as an internship



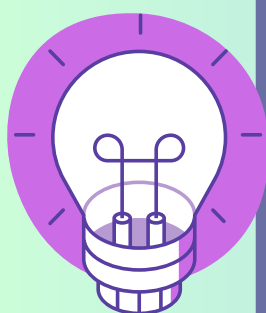
## Year 3: Breaking the Comfort Zone

- Explore graduate programs and their requirements to apply
- Stand out by leading a project or event within an organization
- Take an upper-division course that will challenge you
- Explore how you can connect your Honors capstone to your career
- Conduct an informational interview with a public service professional
- Consider joining an honors society or another networking group



## Year 4: Your Time to Shine

- Meet with your advisor to make sure you are on track to graduate
- Complete Honors requirements including your capstone project
- Meet with Career Specialist to update resume and online profiles
- Complete a mock interview with a staff member or mentor
- Consider participation in a community service event or activity
- Attend career fairs offered by the UCR Career Center



## Capstone Project Idea

Explore a non-profit organization geared towards helping youth in the inland empire. You can interview the organization's staff and collect statistical data to determine the program's impact on the youth's academic achievements.

Public Service Capstone Example:  
<https://escholarship.org/uc/item/0d0629n3>

