

NATURAL SCIENCE COUGAR MAP

BACHELOR OF SCIENCE: NATURAL SCIENCE MAJOR



The Cougar Map is intended to guide you with suggestions for potential activities and career paths that can help you along your educational journey. Although everyone has different abilities, experiences and obstacles, this Cougar Map can be used with the help of your advisors to prepare for the future you want with a clear vision of your college-to-career pathway.

Please refer to the SXU Academic Catalog and academic planning resources for detailed degree requirements.

	FIRST YEAR	SECOND YEAR	THIRD YEAR	FOURTH YEAR
Competence (major/minor, summer suggestions, academic research)	<p>Explore scholarship opportunities.</p> <p>Attend the Pre-Health 101 seminar.</p> <p>Visit the STEM Studio for independent and collaborative study opportunities.</p>	<p>Become familiar with the HUB and CIDAT for all your technical needs.</p> <p>Apply to be a Schmitt Scholar.</p> <p>Meet with faculty to discuss undergraduate research opportunities.</p>	<p>If applicable, attend the Pre-Health Workshop on portfolios and MCAT prep.</p> <p>Collaborate with faculty on research.</p>	<p>Begin work on your topic for your Senior Seminar independent research project.</p> <p>Explore NSF and NIH Research Experience.</p>
Character (Service, global perspective, study abroad, clubs/RSOs, volunteering)	<p>Consider joining a student club, such as the American Chemical Society or the Pre-Health Society, or intramural sports team.</p> <p>Enroll in Cougars LEAD that supports leadership development and begin working on your leadership certificate.</p>	<p>Explore opportunities to work on campus or get involved with service opportunities through Campus Ministry.</p> <p>Participate in STEM outreach activities offered through the department.</p>	<p>Take on a leadership role within a student club or organization.</p> <p>Consider participating in a spring break service trip or study abroad.</p>	<p>Volunteer at a local hospital, organization or other non-profit organization of interest to you.</p> <p>Mentor first and second year biochemistry students.</p>
Career Success (career or grad school prep, internships, jobs)	<p>Complete your SXU Handshake profile for student employment with the help of Center for SUCCESS.</p> <p>Attend SXU career-related events sponsored by Alumni Relations, Center for SUCCESS or the Chemistry Department to connect with alumni working in your field of interest.</p> <p>Learn more about natural science careers.</p>	<p>Create a LinkedIn profile and make connections within your academic and personal circles.</p> <p>Apply and train to work in the Chemistry Department as a lab assistant or tutor. Find out about these opportunities on Handshake.</p> <p>Read Chemical & Engineering News magazine on a regular basis.</p>	<p>Apply for summer internships at organizations such as DuPont, Baxter or Cargill.</p> <p>Research graduate schools and prepare for post-graduate academic/professional exam(s), if applicable.</p> <p>Connect with Center for SUCCESS to explore internships with organizations such as Arkema, Abbott, Argonne National Lab and Merieux NutriSciences.</p>	<p>Ensure that your LinkedIn or other professional social media accounts reflect all your recent experiences.</p> <p>Explore entry-level full-time opportunities related to your skills.</p> <p>Take the GRE, MCAT, PCAT or GMAT exams and apply for graduate school.</p> <p>Connect with other SXU science alumni.</p>