

SOCIOLOGY COUGAR MAP

BACHELOR OF ARTS: SOCIOLOGY MAJOR AND MINOR, SOCIAL WORK MINOR



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

	FIRST YEAR	SECOND YEAR	THIRD YEAR	FOURTH YEAR
Competence (major/minor, summer suggestions, academic research)	Bring writing assignments to the Learning Center/Writing Studio for help in fine-tuning papers. Don't get discouraged! For stress relief ideas, visit the Counseling Center. Get to know your academic advisor.	Visit the library for the appropriate resources in writing your research papers. Begin to develop a sociology project based upon your research interests.	Consider working with a faculty member on a research project. Be mindful of important dates, i.e. semester ends and begins, deadline to withdraw from a course, petition for graduation. Taking your Methods class? Visit the Hub for technical assistance.	Meet with Sociology Department faculty to make sure you're on track to graduate. Begin work on your topic for your Senior Seminar independent research project. Examine social phenomenon using the scientific method and sociological theories to help others in need.
Character (Service, global perspective, study abroad, clubs/RSOs, volunteering)	Consider joining a student club or intramural sports team. Enroll in Cougars LEAD that supports leadership development and work toward your leadership certificate.	Visit the Center for International Education for study abroad opportunities. Volunteer at a nearby nonprofit such as Mercy Home for Boys and Girls; Pillars Community Health, Elim Christian Services or Greater Chicago Food Depository.	Take on a leadership role within a student club or organization. Consider participating in a spring break service trip and use travel as an opportunity to further develop your sociology research project.	Complete the Cougars LEAD Leadership Certificate program. Explore post-graduate volunteer opportunities with Holy Child Volunteers or investigate local options for volunteer work.
Career Success (career or grad school prep, internships, jobs)	Complete your SXU Handshake profile for student employment with the help of Center for SUCCESS. Attend Cougars Connect Networking Night and meet alumni working in a variety of fields.	Create a LinkedIn profile and establish meaningful connections within your academic and personal circles. Explore career fields such as social/human services; community health; federal, state and local government; court services; law; environmental sociology or immigration.	Ask faculty and staff members to serve as references as you begin the search for internships and full-time positions. Explore internships at places such as Metropolitan Family Services, Circuit Court of Cook County, Aunt Martha's Health & Wellness, YMCA/YWCA, Illinois Department of Children and Family Services, or Catholic Charities.	Update your LinkedIn or other professional social media accounts. Visit Center for SUCCESS to create a job search plan, sharpen your resume and practice interviewing. Research career opportunities at organizations and companies such as Immigration and Customs Enforcement, market research companies, Illinois Department of Human Services, City of Chicago or Advocate Health Care.