

OMA Co-Curriculum Plan

First Year Academic Plan:

Area	Fall Courses	Credit Hours	Spring Courses	Credit Hours	Summer	Credit Hours
Acceptance Criteria or Prerequisite						
Acceptance Criteria or Prerequisite						
General Education						
General Education						
General Education						
Total Credit hours:						

First-year extracurricular and career exploration planning:

Summer	1 st year Fall	1 st year Spring
Make a lists of strengths & areas of improvement	Attend Multi-ethnic orientation & Welcome	Join a campus organization/club
Review course catalog	Begin networking with assistance from your mentor	Attend a summer or campus job fair
Attend summer orientation	Schedule an appt with your academic advisor for Oct.	Schedule an appt with your academic advisor for Feb.
Begin thinking about career aspirations	Find tutoring for your courses (you can always use more help)	Find tutoring for your courses (you can always use more help)
Look at taking elective course that are of interest to you-explore what you like	Attend the OMA discussions, programs, life-planning series, and mentoring socials	Attend the OMA discussions, programs, life-planning series, and mentoring socials
Keep up with your jobs, awards, class projects that will help you build portfolio	Volunteer on campus of in the community	Look into becoming an OMA Ambassador
	Check-in/visit the OMA office at least once a month	Develop a leadership/skill development plan
		Check-in/visit the OMA office at least once a month

OMA Co-Curriculum Plan

Second Year Academic Plan:

Area	Fall Courses	Credit Hours	Spring Courses	Credit Hours	Summer	Credit Hours
Acceptance Criteria or Prerequisite						
Acceptance Criteria or Prerequisite						
General Education						
General Education						
General Education						
Total Credit hours:						

Second-year extracurricular and career exploration planning:

Summer	2 nd year Fall	2 nd year Spring
Review your academic plan	Visit Career Services: learn how to write a resume, cover letter, and develop a portfolio	Attend job fairs
Complete some volunteer work	Investigate internships, job shadowing, and study abroad programs	Declare your major
Work a summer job that teaches transferrable skills to career options	Start preparing to declare your major	Run for a leadership position in an organization/join academic honoraries
Take summer courses if needed	Continue networking with people in your field of interest	Begin reviewing career options with your
Review your academic plan	Schedule an appt with your academic advisor for Oct.	Schedule an appt with your academic advisor for Feb.
Read an inspiring book	Attend the OMA discussions, programs, life-planning series, and mentoring socials	Attend the OMA discussions, programs, life-planning series, and mentoring socials
Learn how to relax	Talk to upperclassmen about courses and career options	Participate in any leadership development opportunities
	Check-in/visit the OMA office at least once a month	Check-in/visit the OMA office at least once a month

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Third Year Academic Plan:

Area	Fall Courses	Credit Hours	Spring Courses	Credit Hours	Summer	Credit Hours
Acceptance Criteria or Prerequisite						
Acceptance Criteria or Prerequisite						
General Education						
General Education						
General Education						
Total Credit hours:						

Third-year extracurricular and career exploration planning:

Summer	3 rd year Fall	3 rd year Spring
Review your academic plan	Start thinking about graduate school. Schedule an appt with your academic advisor	Complete an internship or job shadow (if you can)
Complete some volunteer work	Research new trends your field of interest	Prepare for graduate admission tests
Work a summer job that teaches transferrable skills to career options	Study abroad if you can	Look at current job openings to asses skills and backgrounds required
Take summer courses if needed	Work with faculty on an undergraduate research project	Take on additional leadership roles... apply to be a Program Coordinator
Schedule informal interviews with people in career areas of interest	Become a tutor/continue mentoring	Update and revise resume, generic cover letters, and portfolio
Complete assessments to clarify interests, skills, personality, and styles	Visit career services for mock interview practice	Network with Tulane Alumni in your career area of interests
Start looking for internships/job shadowing opportunities	Attend the OMA discussions, programs, life-planning series, and mentoring socials	Attend the OMA discussions, programs, life-planning series, and mentoring socials
	Check-in/visit the OMA office at least once a month	Check-in/visit the OMA office at least once a month

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Fourth Year Academic Plan:

Area	Fall Courses	Credit Hours	Spring Courses	Credit Hours	Summer	Credit Hours
Acceptance Criteria or Prerequisite						
Acceptance Criteria or Prerequisite						
General Education						
General Education						
General Education						
Total Credit hours:						

Fourth-year extracurricular and career exploration planning:

Summer	4 th year Fall	4 th year Spring
Review your academic plan	File for graduation	Assemble a interview resume, cover letter, and portfolio
Complete some volunteer work	Look at current job openings to asses skills and backgrounds required	Start applying for jobs use your networks for contacts
Work a summer job that teaches transferrable skills to career options	Attend the OMA discussions, programs, life-planning series, and mentoring socials	Attend the OMA discussions, programs, life-planning series, and mentoring socials
Take summer courses if needed	Prepare for the work field/apply for graduate programs	Schedule mock interviews
Schedule informal interviews with people in career areas of interest	Take graduate general admission test	Attend senior programs/ceremonies
Complete a first or another internship	Review course catalog to make sure you are on track to graduate on time	Check-in/visit the OMA office at least once a month
Continue studying for Graduate admission tests	Schedule an appt with your academic advisor	
	Check-in/visit the OMA office at least once a month	