

Resources

Clubs Office

clubs.humboldt.edu
University Center | 707-826-3778

Counseling & Psychological Services

counseling.humboldt.edu
Health Center | 707-826-3236

Cultural Centers for Academic Excellence

ccae.humboldt.edu
Nelson Hall East 215 | 707-826-4589

Financial Aid Office

humboldt.edu/finaid
Student Business Services 231 | 707-826-4321

HSU Oh SNAP!

hsuohsnap.org
Recreation and Wellness Center 122 | 707-826-4556

Learning Center

learning.humboldt.edu
Library, 1st floor | 707-826-5217

Library Skillshops

humboldt.libcal.com/calendar/workshops
Library | 707-826-3431

Office of the Registrar

humboldt.edu/registrar
Student Business Services 133 | 707-826-4101

Student Health & Wellbeing Services

Interactive Wellbeing Map
wellbeing.humboldt.edu
Health Center | 707-826-3146

Student Disability Resource Center

disability.humboldt.edu
Learning Commons, Lower Library 1 | 707-826-4678

Students Say

"Balancing school, work, and personal life can be stressful. Take time to acknowledge your accomplishments, big or small, and don't fail to prioritize sleep."

-Milly, Studio Arts major

"I highly recommend going to the Academic and Career Advising Center for any help regarding job exploration, graduate school questions, or considering changing your major."

-Dezi, Psychology major

Our Mission

We are an inclusive center structured to help students persist and graduate with four-year degrees by providing support for all stages of academic and career development. We focus on the student's personal, professional, and academic goals while promoting lifelong learning and social responsibility by honoring students' identities and lived experiences. With our guidance students will:

- Explore and choose academic majors and career options
- Obtain and reflect upon academic, career-related, and other experiences
- Develop, pursue, and achieve meaningful educational plans in pursuit of life goals

Our Services

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|-------------------------|--------------------------------|
| • Academic Planning | • Career Planning |
| • Internship Search | • Volunteer Opportunities |
| • Job Search | • GE Information |
| • Career Assessments | • DARS Review |
| • Resumes/Cover Letters | • Mock Interviews |
| • Personal Statements | • Graduate School Applications |

HUMBOLDT STATE UNIVERSITY

Paths to Success

Explore
Experience
Achieve

Gist Hall 114 | Monday-Friday | 9am-4pm
acac@humboldt.edu | 707-826-3341
www.humboldt.edu/acac

academic
& career ADVISING
CENTER

1st Year

ACADEMIC

- Get to know your academic advisor. Meet with your advisor to review your academic plan each semester and discuss your HSU experience.
- Visit the Academic and Career Advising Center (ACAC) to learn about all the majors and minors HSU has to offer.
- Enhance your learning habits and time-management skills by visiting the Learning Center, attending Library SkillShops, and talking with your professors.
- Ask lots of questions - get the most out of your education.

PERSONAL

- Learn how to manage your stress and anxiety. Exercise and maintain regular hours for sleep and meals. The Interactive Wellbeing Map has a comprehensive list of campus services and resources.
- Explore your interests; join at least one student organization, club, or activity. Attend the Clubs Fair and the Volunteer Fair at the beginning of each fall semester.
- Invest time to reflect on your personal growth; attend Library SkillShops to help with skills such as resilience, money management, and healthy relationships.
- Got the travel itch? Look into your options for studying abroad.

PROFESSIONAL

- Create a profile in HSU Handshake to search for job opportunities.
- Develop your resume and cover letter. Come by ACAC to get started or make updates.
- Meet with a career advisor to explore your strengths, interests, skills, and values. Keep an open mind about a variety of career options.

2nd Year

ACADEMIC

- Take classes that interest you and also fulfill major and general education requirements. Your academic advisor can help you explore options.
- Consider adding a minor or taking electives, which may enhance your employability.
- Instructors want to help you succeed. Visit their office hours.
- Update your DARS Degree Planner. Know your path to graduation.

PERSONAL

- Stay engaged on campus. Take on leadership roles in student organizations, residence halls, or community groups to develop your professional skills.
- Talk with your classmates and learn their strategies for success.
- Build your financial literacy. Attend workshops to learn the basics of responsible budgeting, saving, and establishing good credit.
- Reflect on your last two years and all you have accomplished, and think about the growth opportunities still to come.

PROFESSIONAL

- Attend fairs and workshops hosted by ACAC.
- Talk to faculty about research opportunities, service learning, and/or academic internships.
- Develop your network by connecting with faculty, peers, family, and alumni.
- Look for summer internships early in the year. Connect with a career advisor for resources and application assistance.

3rd Year

ACADEMIC

- Establish meaningful relationships with faculty and staff and identify those you consider to be mentors.
- Check your DARS Degree Planner to make sure you are on track to finish on time.
- Apply to graduate three semesters prior to your expected graduation.
- Meet with a career or faculty advisor to explore graduate schools.
- Participate in a second internship during the summer or school year.

PERSONAL

- Organize and/or attend campus events relevant to you.
- Continue to seek leadership roles in organizations that build your teamwork and leadership skills.
- This is a busy time - be sure you are using available campus resources to take care of yourself.

PROFESSIONAL

- Attend the Career and Volunteer Expo, networking events, and workshops.
- Look at job hunting resources, networking opportunities, and websites to research entry-level positions for your career.
- Talk with professionals in your career field(s) of interest and conduct informational interviews.
- Visit the Career Clothing Closet for free professional clothing at ACAC.

4th Year

ACADEMIC

- Make course projects relevant to your graduate school or career interests.
- Ask professors and employers to serve as references or write letters of recommendation for you.
- Check out HSU's Commencement website to plan for your big day.
- This is your last year. Take time to reflect on your experience.

PERSONAL

- Continue involvement with leadership and extra-curricular activities, both on and off campus.
- Understand your loan repayment options.
- Who is cheering for you? Look to your support system for encouragement and help during your transition from college to career or graduate school.

PROFESSIONAL

- Set up your LinkedIn profile and other professional social media. Clean up your online brand.
- Meet with a career advisor to update your resume and cover letter.
- Practice marketing yourself to potential employers and graduate school selection committees. Schedule a mock interview with a career advisor.
- Expand your network by joining professional organizations and online groups.

