

Students earning a bachelor's degree in Creative Arts Therapies select a concentration in Music, Visual Art, or Theater. Through coursework in their arts emphasis and in psychology and human services, they are prepared for human services work in the arts, or for further graduate study in expressive arts therapies.

## HOW TO USE THE ACTION PLAN

Use the Action Plan timeline to explore potential career paths and plan for success during and after your college experience. The Action Plan provides suggestions and a place to start the conversation with your advisor, but every person and every career journey is unique. Customize your own personal action plan using the **My Creative Arts Therapies Action Plan** tool (next page).

Maximize the time you have in college to prepare for your future. What do you want to do after you graduate with a multi-purpose Creative Arts Therapies degree?

The Action Plan helps you to come up with tentative goals (remember, it's ok if these change as you continue to learn more about yourself and the field!) so you can start working on short-term steps to help you reach those goals or shift directions. Remember, you do not have to do this all on your own, get the support you need from your department and from Student Support Services like **Career Services and Advising (CSA)**.

## CORE COMPETENCIES

### Critical Thinking:

Gather and analyze information from a wide variety of sources and individuals, and summarize and interpret that information with an awareness of biases and preconceptions.

### Communication:

Effectively address a wide variety of audiences, with deep understanding of purpose, meaning, and intent.

### Teamwork/Collaboration:

Develop self-awareness, and empathy for colleagues, enabling effective listening and respect for diversity in the pursuit of common goals.

### Creativity/Problem Solving:

Generate different types of ideas, synthesize ideas in unusual ways, and make unconventional connections in order to outline novel solutions to meet a given purpose.

### Intercultural Fluency:

Cultivate a broad awareness, appreciation, and understanding of attitudes and aesthetic values beyond personal experience.

### Professionalism/Work Ethic:

Set and meet goals, maintain motivation and persistence, develop and maintain a growth mindset, and sustain focused attention to detail.

### Artistic Training:

Develop a broad-based set of expressive skills, utilizing artistic mediums, techniques, concepts, and practices within the field of music, visual art, or theater.

### Therapeutic Practice:

Effectively utilize appropriate forms of artistic expression within a range of care settings and therapeutic treatment contexts.

## WHY CONSIDER AN INTERNSHIP?

- Gain experience in potential career fields
- Discover areas of interest
- Build your professional networks

## POTENTIAL INTERNSHIP EXPERIENCES

- The Artful Life Counseling Center and Studio administrative intern
- Mass General Cancer Center music therapy intern
- Catholic Charities of Boston play therapy intern

ALUMNI CAREER FIELDS

Community center activities director

Retirement community arts coordinator

Hospital arts therapy associate

Take a look at the suggested activities in the Action Plan below. You do not need to complete all these tasks, but it is a place to start generating ideas. Think about what you would like to work on now in order to feel well prepared to enter your career field or graduate school upon graduation. Use the blank My Action Plan tool with your advisor to come up with the action items that are priorities for you. Revisit and revise this action plan each semester.

## FIRST YEAR

## SOPHOMORE YEAR

## JUNIOR YEAR

## SENIOR YEAR

### ACHIEVE ACADEMIC MILESTONES

Take classes that interest and challenge you, particularly when selecting your General Education classes, and reflect on how they align with possible future careers

Confirm major choice is right for you  
Declare a minor or double-major if desired and begin corresponding coursework

Go over your full plan of study with your advisor and make sure you are on track to reach your goals

Go over remaining degree requirements with your advisor and apply for graduation

### BUILD EXPERIENCE

Take a career strength/skills assessment  
Consider a part-time job to build your experience

Talk to your advisor about opportunities for internships/experiential learning  
Apply to summer jobs/internships that will build relevant experience  
Speak to a professor about specific interests and potential research or performance opportunities  
Consider participating in alumni job shadowing or informational interviews with professionals in potential career fields

Pay attention and attend events with employers on campus/career fairs  
Search and apply to internships in your career field  
Consider submitting work to the Undergraduate Research and Creative Activity Conference

If applicable, finalize a professional portfolio

### JOIN THE CAMPUS COMMUNITY

Join university clubs and organizations in your interest area, such as Musical Theater Club, Harmonic Velocity, Fitchburg State Choirs, Dance Club, and Improv Club.

Attend university and department events and performances, and ask questions of alumni and guests

Seek out leadership positions in university clubs and organizations  
Explore membership in Tau Upsilon Alpha human services honor society

Attend campus events and performances and connect with alumni and guests to build your network

### EXPLORE CIVIC & GLOBAL ENGAGEMENT

Explore local agencies and organizations of interest

Talk with your advisor about opportunities to study abroad

Consider volunteering with local arts agencies and organizations

Consider volunteering with local service agencies (group homes, community centers, etc.)

### PREPARE FOR LIFE AFTER GRADUATION

Familiarize yourself with CSA workshops and services  
Create resume and have it approved by an advisor in CSA Center  
Activate your Handshake account

If applicable, begin to collect material for a professional portfolio  
Create LinkedIn account  
Attend a CSA workshop or one-on-one meeting to go over cover letters and interview prep

Update Handshake profile  
Consider graduate schools and decide if it's right for you and your career path  
Develop a list of potential graduate school programs and check for audition and application requirements  
Pay attention and attend events with employers on campus/career fairs

Apply to jobs and/or graduate school starting in the fall  
Keep track of and follow up with job applications  
If applicable, take graduate school entrance exams and complete applications and auditions  
Practice skills by doing at least 2 mock interviews and getting feedback  
Develop a list of potential employers and check for recruitment events/open positions throughout the year