

Proactive Steps

Early Planning Efforts for Engineering Science Students

Establish a personal routine. Discipline comes from routine, and taking care of your professional life ensures your career takes care of you. Your most important piece of equipment is yourself, keeping it sharp and prepared is essential.

Following a daily routine builds the habits that make you reliable and ready for any job:

- ✓ **Wake up early – develops consistency and prepares your mind for the day**
- ✓ **Practice skills or review tasks – builds competence and confidence in your abilities**
- ✓ **Complete assignments and stay attentive – trains focus, responsibility, and reliability**
- ✓ **Reflect and plan in the evening – strengthens organization and goal-setting**
- ✓ **Go to bed consistently – ensures rest and sustained energy for productivity**

Overall: This routine shapes, discipline, responsibility, and professionalism, preparing you to succeed in your first job and beyond.

Additionally, students can join the CUNY Research Scholars Program.

Research Opportunities

<https://www.kbcc.cuny.edu/crsp/index.html>

The CUNY Research Scholars Program is a year-long program where students work with faculty mentors on hands-on research projects across multiple semesters. Participants build skills through workshops, complete significant research hours, and develop projects in fields like STEM, social sciences, and business. By the end, students present their work while gaining academic experience and course credit.