



LEHMAN COLLEGE
DIVISION OF

Student Affairs

Career Exploration &
Development Center



LEHMAN COLLEGE

School of Health Sciences,
Human Services & Nursing

CAREER INFUSED DEGREE MAP

Bachelor of Arts: Social Work
(Option 1 - 55 Credits)
Total Credits: 120

The B.A. in Social Work prepares students to support diverse populations, promote social change, and address community needs through professional social work practice. The career infused degree map allows students to commit to their career exploration by aligning coursework with career readiness milestones.

ACADEMICS

CAREER READINESS

CREDITS

- 3 ENG 111 - English Composition I
- 3 Flexible Core Creative Expression (Course Set)
- 3 MAT 126 - Quantitative Reasoning
- 3 PSY 166 - General Psychology
- 3 LEH 250 - First-year Seminar
- 15 TOTAL CREDITS

1ST SEMESTER

- ☐ Activate your Handshake account to begin exploring career resources and opportunities available through your college's Career Exploration and Development Center.
- ☐ Join a Lehman student club or organization to begin building your network and developing soft skills (Social Work Club Lehman College).
- ☐ Create a resume to begin documenting your achievements. Review resume sample for your major in the Resources section of the Career Center page on Handshake.
- ☐ Enroll in free introduction to MS 365 computer skills workshops, tutoring/writing support, and/or leadership training (Lehman IT Center, Lehman Tutoring Center, Office of Campus Life).

2ND SEMESTER

- 3 ENG 121 - English Composition II
- 3 Flexible Core - U.S. Experience in Its Diversity (Course Set)
- 3 Flexible Core World Cultures and Global Issues
- 3 POL 166 - American Political System
- 3 SOC 166 - Fundamentals of Sociology
- 15 TOTAL CREDITS

- ☐ Create a LinkedIn account to establish your professional presence online, build industry connections, and follow developments and trends.
- ☐ Take the Focus 2 Career Assessment (code: Lightning), and explore employment options, subfields, and career paths. (NASW, School Social Work Association of America, Occupational Outlook Handbook).
- ☐ Create a first-draft cover letter you can use to apply to professional development opportunities like (scholarships, research opportunities, CUNY pipeline programs).
- ☐ Participate in an early career skills training program (CUNY Beyond, CPT Program, NASW, Good Shepherd Services).

CREDITS

- 3 General Education Foreign Language Option (Course Set)
Note: *Contact the Languages and Literatures Department for proper placement*
- 3 Flexible Core - Scientific World (Course Set)
- 3 ENW Any 300-level course
- 3 SWK 237 - Introduction to Social Work and Social Welfare
- 3 Flexible Core - Individual and Society (Course Set)
- 3 CED 102 - Introduction to Career Development
Note: *This class is optional*
- 15 TOTAL CREDITS

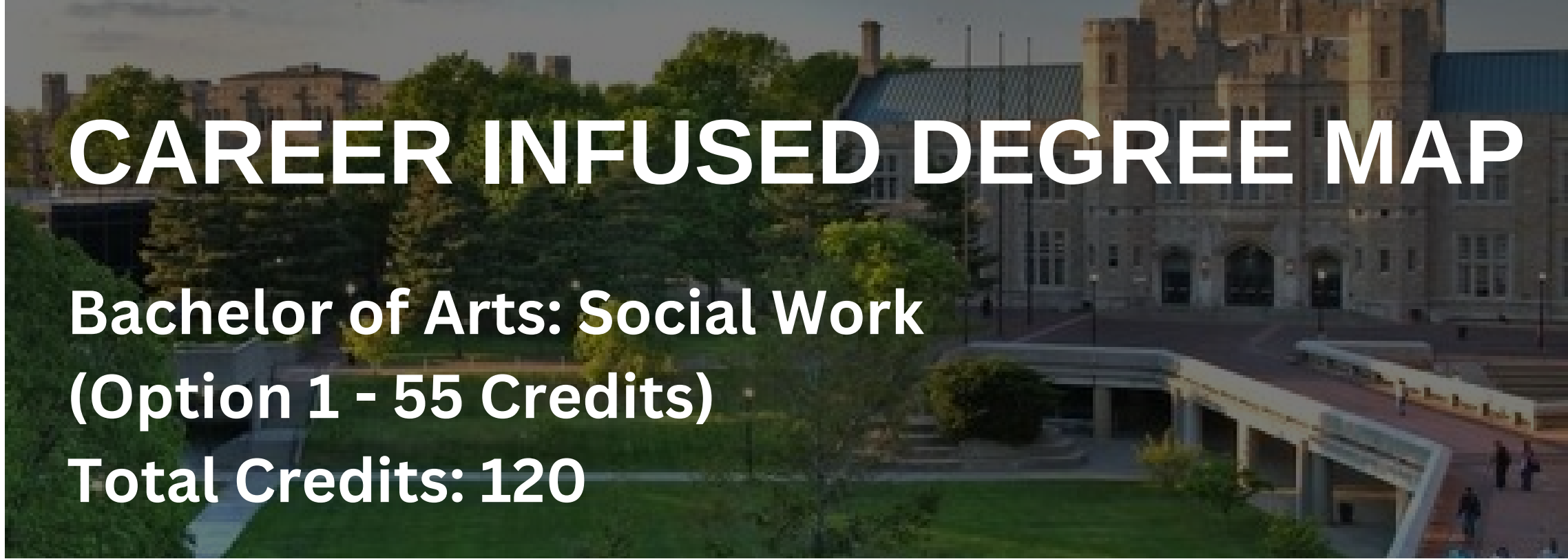
1ST SEMESTER

- ☐ Identify a mentor in your field with whom you can check-in periodically (School of Health Science, Human Services and Nursing, NASW-NYC Society for Clinical Social Work).
- ☐ Attend a policy webinar related to poverty, racism, child welfare, or mental health (NYS Department of Health, NASW).
- ☐ Apply for internships that provide hands-on experience in social work (The Bridge, Hands On Health Associates, The Child Center of NY, AHRC NYC).
- ☐ Attend the 'Mastering the Art of Interviewing' workshop to learn the fundamentals of interviewing for internships and entry-level jobs. Register on Handshake.
- ☐ Attend a Social Work Information Session on Zoom in Year two. Visit <https://www.lehman.edu/academics/health-human-services-nursing/social-work/BSW/>

2ND SEMESTER

- 3 General Education Foreign Language Option (Course Set)
- 3 Flexible Core - Any Area (Course Set)
- 4 BIO 183 - Human Biology
- 3 SWK 239 - Social Welfare Institutions
- 3 Elective
- 16 TOTAL CREDITS

- ☐ Prepare for a career in Social Work by completing the required application materials, which include essays, from March to June for Fall consideration.
- ☐ Attend a free online workshop for more social work training.
- ☐ Meet with faculty or academic advisor to apply for research opportunities for sophomores via the School of Health Sciences, Human Services and Nursing. If approved for Work Study, explore work opportunities in the Social Work Program.
- ☐ Identify skills and certificates you can earn to specialize or supplement your studies (CUNY Upskilling; LinkedIn Learning, free with an NYPL card; Coursera, free via NYS DOL).



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ACADEMICS

CAREER READINESS

JUNIOR

CREDITS

- 3
- LEH 352 - Studies in Literature OR
LEH 353 - Studies in the Arts OR
LEH 354 - Studies in Historical Studies OR
LEH 355 - Studies in Philosophy, Theory and Abstract Thinking *
- 3
- Elective
- 3
- SWK 305 - Human Behavior and the Social Enviornment I
- 3
- SWK 311 - Social Work Practice I
- 3
- Any 300 level Sociology Course **Above 303** or Social Work Course above 312
- 15
- TOTAL CREDITS

1ST SEMESTER

- ☐
- Become a student member of a professional organization in your field National Association of Social Workers (NASW).
- ☐
- Attend career fairs and industry conferences to network with professionals and meet with recruiters in healthcare/mental health services, education, corporate/business, research, government, and law enforcement/legal.
- ☐
- Mark your calendar and register for the annual fall CEDC Internship Fair at Lehman.
- ☐
- Meet with your CEDC Career Specialist to practice your elevator pitch and update your resume and cover letter for your practicum interview.
- ☐
- Attend the ‘Networking Strategies’ workshop on Handshake and widen your network of contacts across Lehman and platforms like LinkedIn.
- ☐
- If pursuing graduate study, begin exploring the process for applying to graduate school.

2ND SEMESTER

- 3
- LEH 352 - Studies in Literature OR
LEH 353 - Studies in the Arts OR
LEH 354 - Studies in Historical Studies OR
LEH 355 - Studies in Philosophy, Theory and Abstract Thinking
- 3
- SWK 306 - Human Behavior and the Social Enviornment II
- 3
- SWK 312 - Social Work Practice II
- 3
- SWK 446 - Social Work Research
***Note:** This is a floating class, which can also be taken here or in Year Four 1st or 2nd semester*
- 3
- Elective
- 15
- TOTAL CREDITS

- ☐
- Mark your calendar and register for the annual spring CEDC Job & Internship Fair at Lehman.
- ☐
- Take a project or leadership role in the club or professional association you belong to or engage in relevant volunteerism.
- ☐
- Complete NYS Mandated Reporter Training to meet professional standards for social work practicum requirements for the Year Four. Create account here.
- ☐
- Meet with your advisor about minors or certificate options that complement substance abuse practice.
- ☐
- Meet with a professor to explore New York State Social Work Education Association (NYSSWE) to attend, present a student academic research poster and explore requesting funding from Students’ affairs for Year Four semester.

SENIOR

CREDITS

- 2
- SWK 440 - Practicum Seminar I
- 3
- SWK 443 - Social Welfare Policy
***Note:** This is a floating class, which can also be taken here or in Year Four 1st or 2nd semester*
- 4
- SWK 470 - Practicum I
- 3
- Minor or Certificate Course I
- 3
- Minor or Certificate Course II
- 15
- TOTAL CREDITS

1ST SEMESTER

- ☐
- Meet with your Career Specialist for full-time job search preparation: finalize your professional resume and cover letter, and prepare for interviews.
- ☐
- Engaged in supervised practicum, track key accomplishments and competencies, cultivate mentorship relationships, and add relevant experience to your resume and LinkedIn profile.
- ☐
- As graduation nears, reconnect with mentors for career advice, job leads, references, and continued mentorship post-graduation.
- ☐
- If applicable, begin drafting your application materials and identify your faculty references for graduate school or other postgraduate opportunities.
- ☐
- Attend MSW Graduate Fair Day. Social Work students meet with various MSW programs for information about graduate programs.
- ☐
- Attend or present at the New York State Social Work Education Association (NYSSWE) Academic Research Presentation if approved.

2ND SEMESTER

- 2
- SWK 441 - Practicum Seminar II
- 4
- SWK 471 - Practicum II
- 2
- Elective
- 3
- Minor or Certificate Course III
- 3
- Minor or Certificate Course IV
- 15
- TOTAL CREDITS

- ☐
- Complete your practicum and secure letters of recommendation from field supervisor and faculty.
- ☐
- Mine job sites (NASW, NYS, LinkedIn, Handshake, Social Work Job Bank, Social Work Today, Idealist) and apply for career-related roles. Record your progress and remember to follow up on your applications.
- ☐
- Join the Lehman Alumni Network and CUNY Alumni Network for valuable career resources and continous support.
- ☐
- Complete the Cap and Gown Survey in CUNYfirst.
- ☐
- If applicable, complete the process of applying to graduate school.