



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 Science: Therapeutic Recreation THR-BS

Total Credits: 114-122

The B.S. in Therapeutic Recreation prepares students to use recreation, leisure, and activity-based interventions to improve the physical, cognitive, emotional, and social well-being of individuals with illnesses, disabilities, or other health-related needs in clinical and community settings. 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 - U.S. Experience in Its Diversity (Course Set)
- 3 PSY 166 - General Psychology
- 3 MAT 126 - Quantitative Reasoning
- 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 ([School of Health Sciences, Human Services and Nursing](#)).
- ☐ Create a resume to begin documenting your achievements. Review resume samples 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
- 4 BIO 181 – Anatomy and Physiology I
- 4 PSY 234 – Abnormal Psychology
- 3 Elective
- 3 Elective
- 16 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, career paths, research opportunities in Therapeutic Recreation. ([School of Health Sciences, Human Services and Nursing](#))
- ☐ Create a first-draft cover letter you can use to apply to professional development opportunities ([scholarships](#), [CUNY pipeline programs](#)).
- ☐ Participate in an early career skills training program ([America Needs You](#), [Year Up](#), [CUNY Beyond](#))

CREDITS

- 3 General Education Foreign Language Option (Course Set)*
- 3 Flexible Core Scientific World (Course Set)
- 3 Flexible Core Creative Expression (Course Set)
- 3 HIN 268 – Growth and Development
- 3 Elective
- 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 Sciences, Human Services and Nursing](#)).
- ☐ Apply for internships that provide hands-on experience in Therapeutic Recreation (The Children Village, Give & Get NYC, NYP, The Bridge, Apex for Youth, The AHRC NYC, NYC Parks, Brightlight, NYC Department for the Aging, The Bristol, Visiting Neighbors, Northwell Children's Medical Center, Blythedale Children's Hospital, Stmarykid's, Mount Sinai Children's Hospital, Handshake, CUNY industry partnerships)
- ☐ Attend the 'Mastering the Art of Interviewing' workshop to learn the fundamentals of interviewing for internships and entry-level jobs. Register on [Handshake](#).

2ND SEMESTER

- 3 General Education Foreign Language Option (Course Set)*
- 3 Flexible Core World cultures and Global Issues (Course Set)
- 3 Elective
- 3 Elective
- 3 Elective
- 15 TOTAL CREDITS

- ☐ Volunteer or intern at least 20 hours a week and log in your hours.
- ☐ Shadow a CTRS if possible. (You will need to complete 560-hour internship before taking the NCTRC)
- ☐ Meet with a faculty or academic advisor to apply to research opportunities for sophomores via the [School of Health Sciences, Human Services and Nursing](#).
- ☐ Get [CPR/AED Certified](#) and Infection Control training
- ☐ 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](#)).
- ☐ Become a student member of a professional organization in your field (School of Health Sciences, Human Services and Nursing).

**Notes: Students are required to take two foreign language courses in the same language. Only students who transfer into Lehman with an associate's degree are exempt from the Foreign Language Requirement. Students who continue in a foreign language previously studied in high school or college or completes one semester of a foreign language at the intermediate level or above, kindly contact the Languages and Literatures department for proper placement*

ACADEMICS

CAREER READINESS

CREDITS

- 3 REC 200 – History and Philosophy of Recreation
- 3 REC 210 – Recreation Leadership
- 3 THR 221 – Introduction to Recreational Therapy
- 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 Minor or Certificate Course I

15 TOTAL CREDITS

1ST SEMESTER

- ☐ Attend career fairs and industry conferences to network with professionals and meet recruiters in healthcare/mental health services, education, corporate/businesses, 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.
- ☐ Start learning more about the National Council for Therapeutic Recreation Certification on the School of Health Sciences, Human Services and Nursing website
- ☐ 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 REC 302 – Administration of Evaluation in Recreation Service
- 3 THR 322 – Assessment in Recreational Therapy
- 3 THR 324 – Recreational Therapy and Pediatrics
- 3 THR 325 – Recreational Therapy and Geriatrics
- 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

15 TOTAL CREDITS

- ☐ Mark your calendar and register for the annual spring CEDC Job & Internship Fair at Lehman.
- ☐ Continue volunteering (behavioral health program, pediatrics, or geriatrics facilities if possible) and continue logging in your hours
- ☐ Take a project or leadership role in the club or professional association you belong to or engage in relevant volunteerism.
- ☐ Start looking at CTRS prep books or online materials
- ☐ Research graduate schools if considering further education.

CREDITS

- 3 THR 421 – Program Planning in Recreational Therapy
- 3 REC 407 – Research and Evaluation in Recreational Service
- 1 THR 400 – Pre-Internship Seminar in Recreational Therapy and Recreation Education
- 3 Minor or Certificate Course II
- 3 Minor or Certificate Course III
- 3 Minor or Certificate Course IV

16 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.
- ☐ As graduation nears, reconnect with mentors for career advice, job leads, references, and continued mentorship post-graduation.
- ☐ Create a CTRS study plan.
- ☐ Have your next internship site ready (if you do not have one already)
- ☐ If applicable, begin drafting your application materials and identify your faculty references for graduate school or other postgraduate opportunities.

2ND SEMESTER

- 1-9 THR 471 – Recreation Therapy Internship
- 3 THR 425 – Processes and Techniques of Recreational Therapy
- 3 Elective

7-15 TOTAL CREDITS

- ☐ Continue your internship to finish the hours.
- ☐ Speak to your advisor about reviewing your process to register for the exam.
- ☐ Mine job sites and apply for career-related roles. Record your progress and remember to follow up on your applications. (ZipRecruiter, Indeed, Glassdoor, NYC Jobs, Idealist, NYC Health + Hospitals, SimplyHired, Blythedale, The Bridge, Mount Sinai, LinkedIn, Handshake)
- ☐ Join the Lehman Alumni Network and CUNY Alumni Network for valuable career resources and continuous support.
- ☐ Complete the Cap and Gown Survey in CUNYfirst.
- ☐ If applicable, complete the process of applying to graduate school.