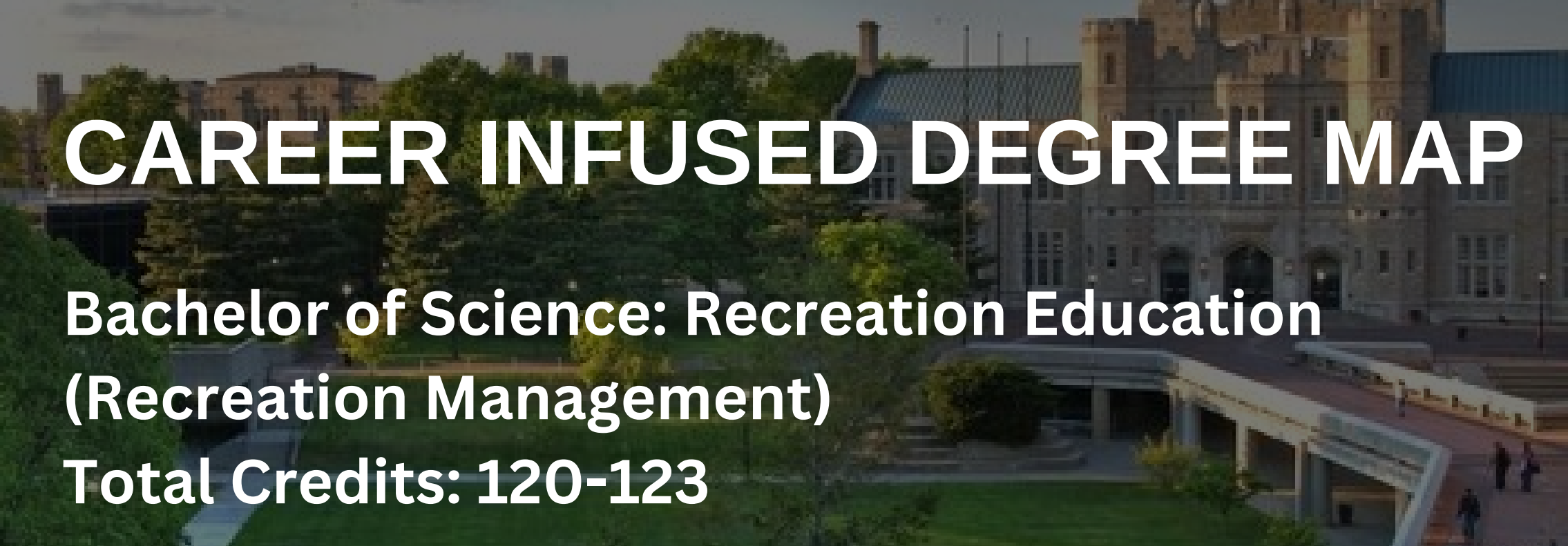




CAREER INFUSED DEGREE MAP

Bachelor of Science: Recreation Education
(Recreation Management)
Total Credits: 120-123

The B.S. in Recreation Education (Recreation Management) program prepares students to plan, manage, and lead recreation, leisure, youth, community, and park programs while developing skills in leadership, program administration, facility management, and event planning. The career infused degree map allows students to commit to their career exploration by aligning coursework with career readiness milestones.

FRESHMAN

SOPHOMORE

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, Humans Services and Nursing, ACSM, NASSM, SHAPE).
- ☐
- 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
- 3
- Elective
- 3
- Required Core - Life and Physical Sciences
- 3
- Flexible Core Individual and Society
- 4
- Elective
- 16
- TOTAL CREDITS

- ☐
- Create a LinkedIn account to establish your professional presence online, build industry connections, and follow developments and trends in parks and recreation management.
- ☐
- Begin following NYC Parks, YMCA, and nonprofit organizations.
- ☐
- Take the Focus 2 Career Assessment (code: Lightning), and explore employment options, subfields, career paths in sports coaching, fitness training, health promotion, research opportunities in recreation management. (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 U.S. Experience in Its Diversity
- 3
- Flexible Core World Cultures and Global Issues
- 3
- REC 200 – History and Philosophy of Recreation
- 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 via the School of Health Science, Human Services and Nursing.
- ☐
- Apply for internships or do volunteering work that provides hands-on experience in recreation education (NYC Parks, NYC Environmental Protection, The Children’s Village, WayUp, NYS Internships, BronxZoo, Natural Conservatories, Handshake, CUNY industry partnerships, City Parks Foundations, NRPA)
- ☐
- Get your CPR/AED & First Aid Certificate.
- ☐
- 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 – Any Area
- 3
- REH 230 – Introduction to Youth Studies
- 3
- REC 210 – Recreation Leadership
- 3
- Elective
- 15
- TOTAL CREDITS

- ☐
- Volunteer or intern 20hrs a week in a recreation role and track your hours.
- ☐
- Ask to lead a small program or event.
- ☐
- Begin looking for NYC Seasonal jobs (e.g. parks, summer youth programs, recreational centers)
- ☐
- Meet with a faculty or academic advisor to apply to research opportunities for sophomores via the School of Health Sciences, Human Services and Nursing.
- ☐
- 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). (Mandated Reporter Training)
- ☐
- Become a student member of a professional organization in your field (School of Health Science, 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.*



CAREER INFUSED DEGREE MAP

Bachelor of Science: Recreation Education
(Recreation Management)
Total Credits: 120-123

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 **OR**
LEH 450 – General Education Capstone
- 3
- Elective
- 3
- REC 240 – Inclusive Recreation Service
- 3
- REC 260 – Selected Topics in Recreation
- 3
- Elective
- 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/business, research, government, and law enforcement/legal.
- ☐
- Mark your calendar and register for the annual fall CEDC Internship Fair at Lehman.
- ☐
- If landed seasonal job and still working in it network to obtain leading or coordinating type roles if possible
- ☐
- Continue tracking your hours if interning or volunteering
- ☐
- Meet with your CEDC Career Specialist to practice your elevator pitch and update your resume and cover letter.
- ☐
- 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. Explore the Certified Park and Recreation (CPRP) Certification option.

2ND SEMESTER

- ☐
- Mark your calendar and register for the annual spring CEDC Job & Internship Fair at Lehman.
- ☐
- Expand your knowledge with basic Excel (budget, rosters, schedules).
- ☐
- Take a project or leadership role in the club or professional association you belong to or engage in relevant volunteerism.
- ☐
- Look at the graduate schools if considering further education

- 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 **OR**
LEH 450 – General Education Capstone
- 3
- REC 302 – Administration of Recreation Services
- 3
- EXS 264 – Introduction to Exercise Science
- 3
- Departmental Courses
Notes: 6 credits selected from REC, THR, REH, and/or EXS course with departmental approval
- 3
- Elective
- 15
- TOTAL CREDITS

SENIOR

CREDITS

- 1
- THR 400 – Pre-Internship Seminar in Recreational Therapy and Recreation Education
- 3
- REC 407 – Research and Evaluation in Recreation Service
- 3
- REC 361 – Outdoor Recreation and Sustainable Management
- 3
- Departmental Course
Notes: 6 credits selected from REC, THR, REH, and/or EXS courses with departmental approval
- 4
- Elective
- 14
- 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.
- ☐
- Ask 2-3 supervisors for letters of recommendation if applying to graduate school.
- ☐
- If applicable, begin drafting your application materials and identify your faculty references for graduate school or other postgraduate opportunities.

2ND SEMESTER

- 3
- REC 422 – Program Planning in Recreation
- 3
- REC 410 – Advanced Financial and Human Resource Management in Recreation Service
- 3
- REC 405 – Facility Management in Recreation Service
- 3-6
- REC 470 – Recreation Education Internship
- 3
- Elective
- 15-18
- TOTAL CREDITS

- ☐
- Attend employment fairs, professional panels, and recreation education conferences to widen your network and connect with recruiters.
- ☐
- Mine job sites and apply for career-related roles. Record your progress and remember to follow up on your applications. (NYC POP, NYC City Jobs, Indeed, DYCD, NYC Parks, Glassdoor, SimplyHired, BronxZoo, The SCA, Common Point, Idealist, Prospect Park Alliance, 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.