University Career Services at UNC has provided eight professional competencies to help you prepare and succeed in the workplace. Here are some suggestions to gain exposure in each area.

**Career & Self-Development**
- Take a Career Education course (EDUC 111, EDUC 211 or EDUC 311)
- Utilize UCS resources to find opportunities & learn to articulate your skills
- Attend UCS Career & Internship Expos
- Seek internships to clarify your interests

**Professionalism**
- Part-time job on or off campus
- Excel in academics and take your studies seriously
- Volunteer with a local non-profit organization
- Create a Forage account to develop relevant skills

**Equity & Inclusion**
- Get Safe Zone & Green Zone trained
- Attend the ACC Student Leadership Symposium or Join Carolina United
- Take courses in Global Studies
- Volunteer with organizations who support under-served communities

**Teamwork**
- Join an intramural sports team
- Join a sports club through Campus Rec
- Be an engaged & contributing team member in all group projects
- Join or start a student club
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**Critical Thinking**
- Talk to professors about turning class projects into research
- Visit innovate.unc.edu to learn about campus resources for innovators
- Become involved with the UNC Parr Center for Ethics

**Leadership**
- Get a part-time job on or off campus
- Volunteer with a local non-profit organization
- Participate in leadership trainings through Student Life & Leadership

**Technology**
- Seek out social media responsibilities in a student organization
- Create a LinkedIn profile and use it regularly
- Take a class through Skillful Labs at the Library
- Develop skills through LinkedIn Learning courses
- Participate in the HackNC hackathon

**Communication**
- Become a Career Peer with UCS
- Practice your interview skills with a UCS career coach
- Publish thought pieces on social media
- Become a social media expert or influencer
- Become a brand ambassador
- Assume a leadership position with a club or organization