

University Career Services

WORKSHOP DESCRIPTIONS

GRAD SCHOOL 101 Are you considering graduate or professional school? If so, University Career Services is here to assist you in your decision-making! Learn how graduate school is different from undergrad and discover what the common application components are for admission.

Learning Outcomes - By attending this workshop, students will be able to:

- Identify three reasons why graduate study is or is not right for them
- Identify two resources that will assist in their graduate school decision-making
- Implement one strategy for beginning their graduate school application

Career Decision-Making Based On Your Values What would you like most out of a job? Your lived experience and what matters most to you will act as your compass for the life you want to design. We will discuss using your values to ensure you're building a life aligned with your values.

Learning Outcomes - By attending this workshop, students will:

- Identify their values in various domains (career, finances, faith, etc.)
- Learn how to use the identified values to make career and life decisions
- Explore ways in which values conflicts arise and generate solutions to these situations

Steps to Career Success for 1st Generation College Students This workshop will discuss common career challenges for first-generation college students and how they can work through these issues inside and outside the classroom as well as in the workplace.

Learning Outcomes - By attending this workshop, students will:

- Reflect on their situations and unique strengths/potential challenges
- Obtain resources that will facilitate the reflection and problem solving necessary to work through obstacles
- Recognize the power of their experience and how to leverage it to their advantage

Why You Should Conduct An Informational Interview Students will be introduced to the benefits of conducting an informational interview, and 6 steps to prepare and execute one.

Learning Outcomes - By attending this workshop, students will:

- Understand the purpose of an informational interview for career decision making
- Be able to create questions to ask in an informational interview
- Build knowledge about the education and training needed for a particular job, career path, and entry into the industry

So You Want To Take A Gap Year? Students will be introduced to options that they can pursue during a gap year as well as information about the impact that taking a gap year has on people of color.

Learning Outcomes - By attending this workshop, students will:

- Learn about gap year options and be exposed to programs they can participate in
- Understand that everyone's gap year may be structured differently depending on what type of experience they are seeking to gain
- Understand the implications of taking a gap year and how it may affect entering back in the workforce, salary, etc.

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How UCS Can Help You What is a UCS? University Career Services assist students and alumni in choosing careers, obtaining career-related work experiences while in school, developing job search skills, and securing employment or admission to graduate or professional school. This workshop will help you identify how UCS can support your career journey.

Learning Outcomes - By attending this workshop, students will:

- Identify at least two UCS resources that can aid their career development
- Recognize there are four steps to career success and which steps they have yet to engage in
- Locate how to schedule a one-on-one tailored coaching appointment with a UCS career coach

CVs for Graduate Students This workshop is for graduate students only. Whether actively applying for jobs, internships, fellowships, leadership roles within an organization or just wanting to understand how to create a curriculum vitae (CV) this workshop is for you.

Learning Outcomes - By attending this workshop, graduate students will be able to:

- Identify three sections they can incorporate on their curriculum vitae
- Articulate the relevance of identifying three skills they want to reiterate throughout their document
- Recognize at least one reason why they should tailor their document to their audience

Resources To Support Your Career Exploration & Decision-Making Are you exploring career choices? Do you know the industry in which you want to work but are not clear as to the options that field offers? This workshop will introduce you to some of our favorite self-paced resources.

Learning Outcomes - By attending this workshop, students will:

- Deconstruct and modify their perception of job functions and industries
- Locate two resources that can help them explore career options and job functions
- Interrogate how to use resources to help them identify two career options they can pursue

Steps to Career Success for 1st Generation College Students This workshop will discuss common career challenges for first-generation college students and how they can work through these issues inside and outside the classroom as well as in the workplace.

Learning Outcomes - By attending this workshop, students will:

- Reflect on their situations and unique strengths/potential challenges
- Integrate resources that will facilitate the reflection and problem solving necessary to work through obstacles
- Recognize the power of their experience and how to leverage it to their advantage

LinkedIn. Get Into It! Many students think having a LinkedIn profile is enough. Not so. You want to leverage a network that can support your career exploration and pursuits. Learn tips on building a professional profile and how to use the platform to connect with alumni, and explore/pursue internships and jobs.

Learning Outcomes - By attending this workshop, students will:

- Implement two best practices in building a professional LinkedIn profile
- Organize two sections of their profile to reflect their achievements and skills for potential careers
- Interrogate how to research and connect with two alumni in which they have something in common

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Interview With Confidence Preparation is the key. Nerves? Nervousness is a natural emotion when interviewing but don't let it overcome your chance at securing a dream opportunity. This workshop will provide tips on how to ace the interview from formulating your responses, to asking strong questions of the interviewers, we have you covered.

Learning Outcomes - By attending this workshop, students will:

- Identify three types of interviews they may participate in
- Interrogate job descriptions to identify two skills they possess the job requires and how to demonstrate application of those skills in the interview
- Examine their ideas about interviewing and identify one tip they can apply to their interview preparation

Are You Professional? What is professional and what isn't? We will examine what this word means and agree that everyone is entitled to their own definition. We will also offer tips to help you understand the implications of this term in relation to your values, identity and work environment .

Learning Outcomes - By attending this workshop, students will be able to:

- Formulate their own definition of professionalism and how to apply it to their job/internship search
- Identify two values that center their definition and execution of professionalism
- Identify 8 competencies that determine the career readiness of students for the workplace

Leveraging Micro-Internships For The Career You Want Micro-internships allow students to explore different career paths while working on interesting assignments. They also afford students the opportunity to demonstrate their abilities to potential employers while building their professional portfolio and network.

Learning Outcomes - By attending this workshop, students will:

- Identify one difference between a micro-internship and traditional internship
- Examine the benefits of micro-internships and identify one potential micro-internships they can explore
- Recognize how engaging in one micro-internship can increase their marketability

Handshake? What is That? This workshop will introduce you to our one-stop platform to identify and apply for internships and jobs. On any given day, more than 24k jobs and internships are posted in the platform and you don't want to miss your chance to apply. You will also be introduced to how the platform can help with career exploration and connect with those responsible for recruiting and hiring applicants.

Learning Outcomes - By attending this workshop, students will:

- Articulate one benefit of completing their Handshake profile
- Implement one tip to research a job/internship they qualify for
- Compose a list of at least 5 keywords they can use in their job and internship search

Strategies To Develop Your Job/Internship Search Process Looking for a job or internship can be overwhelming, particularly when you don't know where to start or there are too many options. This workshop will help you create a process tailored to your specific needs and interests.

Learning Outcomes - By attending this workshop, students will:

- Formulate at least one action step in creating a tailored job/internship process
- Identify one reason they are pursuing a particular internship or job
- Articulate one benefit to scheduling a career coaching appointment for support with their process