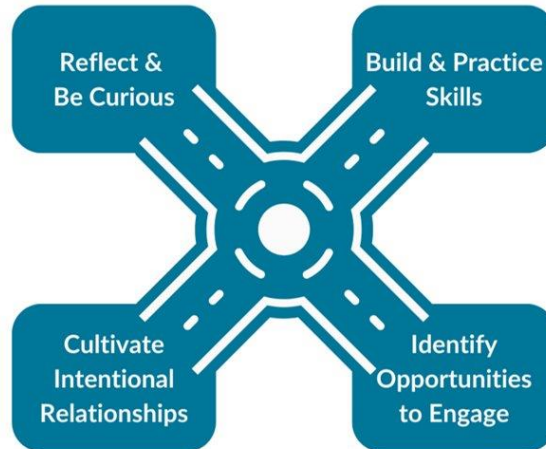




Weaving lifelong career confidence & readiness into the full college experience and beyond



Reflect & Be Curious: Career Connections' [Explore Careers](#) page has resources to help you activate a reflective and curious mindset. Take a [self-assessment](#), reflect on how your results relate to what you already know about yourself, your interests and experiences, and explore potential career paths with [What Can I do with THIS Major?](#) page.

Build & Practice Skills: [Be Career Ready](#) lists the skills most employers and graduate programs expect from applicants. Develop a practice of noticing when you're using these skills and describe your experiences with others so you're ready to articulate them to future employers. The [Career Readiness Assessment](#) can get you started identifying areas of strength and areas to develop.

Identify Opportunities to Engage: It's not enough to passively observe- find ways to actively engage with your U of A community to grow your skillsets, diversify your perspectives, and gain experience. Join with peers who share your interests and identities - [HogSync](#) is the perfect place to find student organizations & campus experiences. Want to connect with your community? Check out [GivePulse](#) for volunteer opportunities. Want to land an internship or job? Use [Handshake](#) where thousands of positions are posted specifically for U of A students to gain experience.

Cultivate Intentional Relationships: Conversing with peers, professors, and professionals can provide you with valuable insights, connections, and opportunities that set you up for success. Practice introducing yourself and having conversations with professionals at a [Career Fair](#) or on LinkedIn; Learn from others by having [career conversations](#),

Tusk Tips:

1. Notice what topics, issues, and interests you're drawn to and excite you in class, with a student organization, at your part-time job, or wherever you find yourself feeling engaged and intrigued. These moments can connect you to potential career insights.
2. New career paths are created every day! Expand beyond a "soul mate" job title to explore how your strengths, skills & experiences could be used in the workforce.
3. Need some help? Drop into the [Career Studio](#) on the first floor of the CORD to meet with a Career Peer Mentor or make an appointment on [Handshake](#) with a Career Coach.

Explore selves &
world of work

**Practice Engaging
& Exposure to
options**

**Teach Career &
Self-Development
practices**

**Collaborate with
skill developers**

CAREER CONNECTIONS RESOURCES

- **College Career Liaisons**: Career Connections teams that consult & collaborate with faculty, staff, employers, and students to provide & communicate career connection opportunities. The teams are in Fulbright, Bumpers, Education & Health Professions, Engineering & Walton.
- **Handshake**: This U of A career management platform gives students equitable access to opportunities (internships, jobs, employer information sessions, career fairs and events, coaching appointments, etc.)
- **Career Toolkit**: Faculty & staff can use our resources to embed in their own courses and programs with instructional activities, videos, and content; and industry- or major-specific SharePoint sites for targeted audiences.
- **Career Launch**: This 4-week curriculum teaches students in classes, programs and other cohorts an 8-step process to build social capital and develop networking skills; offered via video, workbook, group debriefs, and a career readiness assessment. Contact Emerald Hames- ehames@uark.edu.
- **Career Assessments**: We offer reflective & curiosity tools.
 - Challenge Cards (connect world challenges of interest to major and career options)
 - Focus2 (assess interests, personality, values, and skills to identify matching job titles)
 - MyMajors (reflect on prior academic experiences & interests to identify U of A major)
 - Career Readiness (generate readiness score & resources to improve relationship building skills, professional communication, career planning & exploration, career & self-development, and internship/job search & interview preparedness)
- **Networking Events**: We host 15* Career Fairs annually for students to practice articulating their skills & experiences with others and build a professional network; In 2022-2023, 4428 students & 817 employers attended. (*+ Walton Career Connections hosts 2 Business Career Fairs annually.)
- **Career Studio**: We offer walk-in career services by highly trained Career Peer Mentors in the CORD.
- **Life Design**: We use a human-centered design approach to teach students how to remain adaptable, and nimble to workforce and society changes. Life designers start where they are, build on their strengths, experiences, & interests, imagine many possibilities, and craft their own journeys.
- **Career Outcomes Report**: We collect, generate, publish, and report post-graduation data annually per IRB protocols.
- **Career Everywhere**: We work to intentionally embed career education and career readiness into the student experience by providing access and equity to career development for all students through a network of faculty, staff, alumni, and employer career champions.

- **LinkedIn**: We actively participate with professionals and with the U of A community by joining discussion board conversations, offering resources to others, asking questions.