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.
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.