



The Center for Experiential Learning (CEL) provides guidance on how you can assess your personal skill sets and evaluate how to express them both on paper and in-person by being guided through the *Career and Experiential Time Line*.

While all students have the opportunity work with a C of I career and experiential professional, and prepare for career and professional readiness, **Junior Year is the starting point of learning how to begin to tie your academics and co-curricular experiences together to communicate your professional value to others.**

Suggested steps for successfully developing your professional profile include:

1. Meet at least 3 times with a CEL professional
 - Set personal career/professional goals
 - Select support tools to work through in specific areas of interest to you
2. Attend at least 3 professional related programing events -Examples:
 - Coyote Connections
 - Career Fair (Either C of I, BSU or NNU)
 - Business Advisory Council Mentor Event
 - Resume/Career Workshops
 - Alumni Network Opportunity
 - Group session: THREADING it all together -How to prepare for the senior transition
3. Read and (group) meet to review suggested book
4. Produce a completed resume

*** Students who complete all four steps by end of senior year will be issued a certificate of professional preparedness.**

Elements of the THREADS program will include:

- Career exploration
 - MyPlan
 - Skill Identification
- High impact practice exploration (Continuation of Involvement Map)
 - Study away options
 - Internship search and applications
 - Co-curricular transcript creation
- Professional materials- development
 - Resume
 - Cover letter
 - Personal statements
 - Thank you notes
 - Reference requests
- Building mentor and network relationships
- Interview prep and mock interview practice
- Graduate school planning introduction
- Purposeful pauses
 - Self-care/awareness
- Taking care of business
 - Suggested Junior read (See CEL for access to copies)
 - *The Cross Roads of Should and Must (Elle Luna)*
 - *What Color is your Parachute?*
- End of junior year group session: THREADING it all together (How to prepare for the senior transition and introduction to Student Life to Real Life Programing)

Contact the CEL to schedule your first planning appointment today!

