

ONLINE TOOLS FOR UO STUDENTS



VitaNavis: Learn about how your interests can connect with career options and UO majors by taking a quick assessment:

👉 vitanavis.com/uoregon



Handshake: Find jobs, internships, and career events related to your goals:

👉 uoregon.joinhandshake.com



LinkedIn Learning: UO students have free access to thousands of online courses to achieve personal and professional goals:

👉 [url](#)



Big Interview: An online interviewing system that combines training and practice to help improve your interview technique and build your confidence:

👉 uoregon.biginterview.com

ADDITIONAL CAREER SUPPORT RESOURCES

For more information about career support available at the University Career Center and in other offices on campus, see:

👉 [url](#)

UNIVERSITY CAREER CENTER

Tykeson Hall, garden level, room 50
541-346-3235

👉 career.uoregon.edu

TYKESON COLLEGE AND CAREER ADVISING

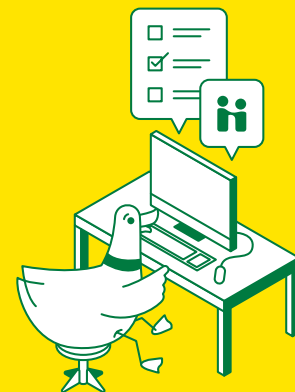
Tykeson Hall, first and second floors
541-346-9200

👉 advising.uoregon.edu/tykeson

Meet with a Career Readiness Coach!



career.uoregon.edu



UNIVERSITY
CAREER CENTER

Career
Readiness
Roadmap

YOUR FIRST STEPS:

Build your career foundation in your first year at the UO

- ❑ **Complete the VitaNavis career assessment** to get ideas about possible majors and careers.
- ❑ **Activate your Handshake account** to access the UO database of career opportunities, including part-time and full-time jobs, internships, and networking events.
- ❑ **Talk with advisors**, faculty, mentors, and fellow students about how your interests and identities connect with majors and careers.
- ❑ **Create or update your resume** shortly after arriving on campus so you're ready for opportunities. Visit **career.uoregon.edu** for tips or meet with a Career Readiness Coach for advice.

Meet with an Academic and Career Advisor



advising.uoregon.edu

YOUR NEXT STEPS:

Increase your career readiness each year you're at the UO

- ❑ **Learn more about possible careers** through job shadowing, informational interviewing, and/or participating in career networking events hosted by the University Career Center and other departments on campus.
 - or another internship reflection course.
- ❑ **Create your LinkedIn profile.**
- ❑ **Grow your network** by reaching out to advisors, career coaches, family, friends, and Duck alumni on LinkedIn for career preparation insights.
- ❑ **Increase your skills** using the free online courses available to UO students on LinkedIn Learning.
- ❑ **Build relationships with faculty** or others who can attest to your abilities so they can eventually be professional references or writers of letters of recommendation.
- ❑ **Complete your Handshake profile.** Once you fill out your profile, Handshake will curate a feed of jobs, internships, and events that match your interests and skills.
- ❑ **Build experience on campus** through employment, research, volunteer work, and on-campus involvement.
- ❑ **Seek internships to build your resume.** If you want to earn academic credit for your internship, enroll in UGST 404

PREPARE TO LAUNCH:

Successfully launching your career may require you to plan a year or more before graduation.

- ❑ **Refine your resume and LinkedIn profile**, and tailor them based on your desired industry.
- ❑ **Strengthen your cover letter writing skills.**
- ❑ **Develop your interviewing skills.** Use the online Big Interview platform on the University Career Center's website or conduct a practice interview at the career center.
- ❑ **Meet with a Career Readiness Coach**, at least six months before graduation, to develop a job-search plan.
- ❑ **Use Handshake to search for part-time jobs, internships, and full-time positions.**
- ❑ **Attend career fairs** and other career events to learn about prospective employers.
- ❑ **Apply for jobs or graduate programs**—and start early! Some applications will be due a year before the opportunity begins.

WORK ACROSS DIFFERENCES:

Enhance your understanding of the impact equity and inclusion play in your personal experience and the experience of others.

- ❑ Familiarize yourself with events and opportunities where you can **interact with those who come from different backgrounds, cultures, or countries than you** (different genders, ages, abilities, sexual orientations, race, ethnicity, national origin, etc.).
- ❑ **Strengthen your critical thinking skills** by considering the viewpoints, perspectives, and/or voices that are missing from your in- and out-of-class experiences.
- ❑ When you talk with people from organizations that interest you (at workshops, networking events, and job/internship/ and informational interviews), ask them **how equity and inclusion are addressed within their organizations.**

Meet with a Career Readiness Coach!



career.uoregon.edu

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