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
541-346-5800
advising.uoregon.edu/tykeson

Meet with a Career Readiness Coach!
   career.uoregon.edu
YOUR FIRST STEPS:
Build your career foundation in your first year at the UO

☐ Complete the VitalHavis career assessment to get ideas about possible majors and careers.
☐ Talk with advisors, faculty, mentors, and fellow students about how your interests and identities connect with 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.
☐ 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.

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 participating in career networking events hosted by the University Career Center and other departments on campus.
☐ Complete your Handshake profile. Since 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 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 networking 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.

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.

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 informational interviews), ask them how equity and inclusion are addressed within their organizations.

Meet with a Career Readiness Coach!
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**YOUR FIRST STEPS:**
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- Develop your interviewing skills. Use the online Big Interview platform on the University Career Center’s website to conduct practice interviews at the career center.
- Meet with a Career Readiness Coach, at least six months before graduation, to develop a job-search plan.
- Attend career fairs and other career events to learn about prospective employers.
- Use Handshake to search for part-time jobs, internships, and full-time positions.
- Apply for jobs or graduate programs—and start early! Some applications will be due a year before the opportunity begins.

**WORK ACROSS DIFFERENCES:**
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