Getting Started

SELF-REFLECTION

VALUES

INTERESTS

SKILLS

Career Services offers various self-assessments to help you learn more about yourself.

EXPLORE

Exploration resources are available in SpiderConnect.

TOPICS/CLASSES

THAT I ENJOY

WEB OF SUPPORT

Who is in your network? Consider family, friends, faculty, staff, alumni, etc.

MAJOR(S) OF INTEREST

DREAM JOB(S)

One step I plan to take in the next semester to expand my web:

______________________________________________________

______________________________________________________

GAIN EXPERIENCE

Brainstorm ways you can gain experience during your time at UR. Examples: Career Services programs, student organizations, volunteering, research, campus jobs, internships/externships, study abroad, etc.
TELL YOUR STORY

Below are eight critical career-readiness skills. List a time or place from your past experiences where you have demonstrated each of these abilities.

| CRITICAL THINKING/ PROBLEM SOLVING | ORAL/WRITTEN COMMUNICATION | TEAMWORK/ COLLABORATION | DIGITAL TECHNOLOGY |
| PROFESSIONALISM/ WORK ETHIC | CAREER MANAGEMENT | LEADERSHIP | GLOBAL/INTER-CULTURAL FLUENCY |

Which of these skills would you like to further develop? What experiences might help you enhance these skills?

__________________________________________________________________________________________
__________________________________________________________________________________________
__________________________________________________________________________________________

NEXT STEPS

Career Services wants to help you! We offer one-on-one career advising, educational programs, career expos/on-campus recruiting (bringing the employers to you!), resume reviews, job shadowing, and more!

- Make an appointment on SpiderConnect with one of our career advisors. Our advisors specialize in helping students identify their interests, abilities, and values, and explore how those relate to majors at Richmond and future careers.

- Career Services hosts a variety of programs on-and off-campus to explore career paths and offer opportunities to connect with alumni and employers in the fields that interest you. Visit careerservices.richmond.edu for more information on our programs.