

# GAINING EXPERIENCE



Future employers and graduate schools are interested in candidates that have participated in experiences related to their career goals.

## WHY SHOULD YOU GAIN EXPERIENCE?

- ✓ Explore and test out career options
- ✓ Develop your skills and interests
- ✓ Find out what you don't like/don't want to do
- ✓ Build your networking base



## WHAT IS "RELATED EXPERIENCE"?

"Related Experience" can include things such as internships, fellowships, job shadowing, informational interviews, micro-internships, volunteer experience, service-learning, undergraduate research, student employment, club involvement/leadership, and summer/part-time jobs.

Related experiences form a bridge between academic learning and career development. They can be for-credit or not, paid or unpaid, part-time or full-time, during the summer or over a semester and can range from short-term to longer time frames.

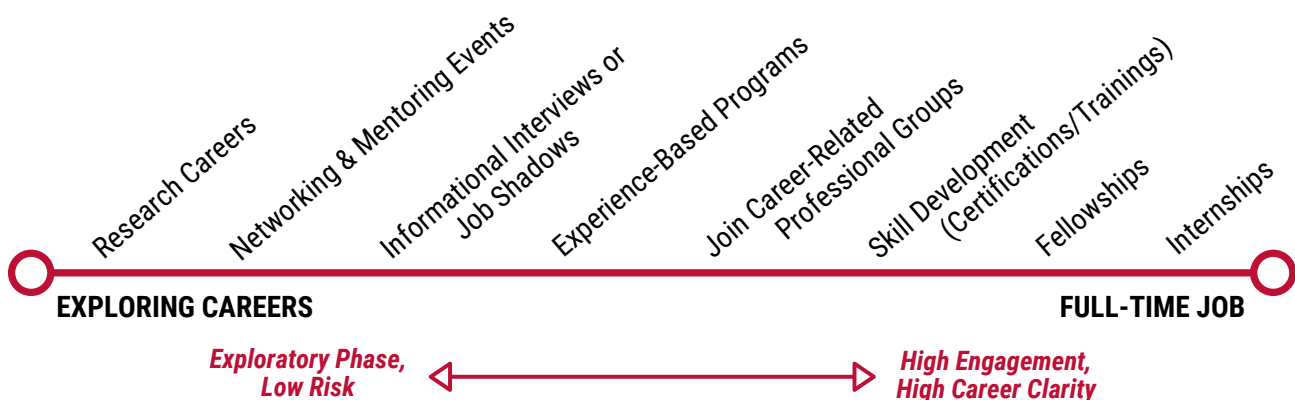
Consider XPD housed programs for gaining experience: [Community Kitchen](#), [MPR/Gary Eichten Internship](#), [SEAM Program](#), and [Summer Leadership Fellows](#).

## HOW DO YOU FIND RELATED EXPERIENCES?

- Log into [Handshake](#) to find and apply for opportunities.
- Talk to professors, family, friends, and others who know you well for advice and suggestions about opportunities that could be a fit for you.
- Use [InterAction](#) to set up informational interviews or create a job shadow with people that work in areas or organizations that interest you.
- Search CANE (alum database) in XPD and LinkedIn to find alums in a field or company of interest.
- Talk to current Bennies and Johnnies who have completed an internship or are currently doing one. Review past student internship sites by [major](#) and [industry](#).
- If there is a particular company or organization you are interested in, give them a call or send an email about potential opportunities. If they don't have any, talk with them about ideas you have for creating one.

## GAIN EXPERIENCE THROUGH CAREER EXPLORATION METHODS

*Continuum of Career Engagement: Choose One or More Options*



## Next steps...

- Develop a plan using the XPD Experiential Planner.
- Prepare and have your resume and cover letter reviewed to be ready for applications.
- Review resources through XPD on interviewing and informational interviewing.

EXPLORE

DO

REFLECT

CONNECT

# EXPERIENTIAL PLANNER



The Experiential Planner provides a place to plan future professional development experiences. Consider spring, summer, and fall timelines when filling in the Planner.

	First Year	Sophomore	Junior	Senior
<b><u>Clubs, Athletics, Organizations</u></b>				
<b>Informational Interviews, Job Shadows</b>				
<b><u>Internships, Micro-Internships</u></b>				
<b><u>Part-Time and Summer Jobs</u></b>				
<b>Practicum, Clinical Work, Field Experiences</b>				
<b><u>Service-Learning</u></b>				
<b><u>Student Employment</u></b>				
<b>Study Abroad (semester and short-term)</b>				
<b><u>Undergraduate Research, Special Projects, ILPs</u></b>				
<b><u>Volunteering</u></b>				
<b>Additional Experiences</b>				

- Next step...**
- Reflect on and discuss your experiences and plans with staff, faculty, and other mentors.