

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

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