

# Career Passport

Spring 2020

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# UNIVERSITY OF PORTLAND CAREER CENTER



GET TO KNOW YOURSELF

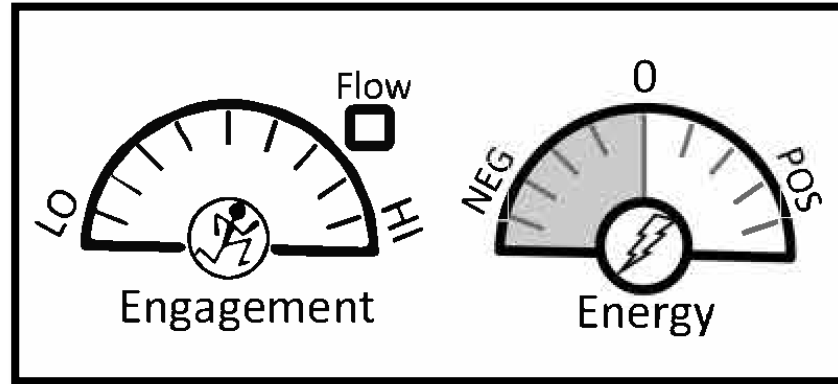


TRY SOMETHING



EXPLORE YOUR OPTIONS

# Design Your Life - Good-Time Journal



## “TRY SOMETHING” FALL 2019 REFLECTION:

1. Record 3 activities (Fall Passport) that you participated in during the fall semester.
2. How would you gauge these experiences? Notice which activities are engaging and energizing and which ones are not.
3. Jot down your reflections to indicate how each impacted your level of engagement and energy.

# Come see us in the Career Center

## Orrico Hall, Lower Level

### Daily Drop-In Hours:

Monday: 2:00 pm - 4:00 pm

Tuesday: 2:00 pm - 4:00 pm

Wednesday: 2:00 pm - 4:00 pm

Thursday: 10:00 am - 12:00 pm

Friday: 10:00 am - 12:00 pm

### Schedule an appointment:

1. 503-943-7201

2. Online using Handshake



# CAREER PASSPORT

Explore your Future Career

Spring 2020 - EGR 111 and CS 203

## FIRST HANDSHAKE & LINKEDIN



*Do both!*

- Activate your UP Handshake Account, build your profile and explore internship postings.
- Create a LinkedIn profile (or update your profile if you already have one), include relevant information and skills, connect with people and follow organizations in the field you want to work.

## SECOND ENGAGE WITH CAREER EXPLORATION



Pick a Career Exploration activity to attend but this time, find a way to engage with the opportunity

*Pick one!*

### LUNCH WITH AN ENGINEER

Research the companies of the representative attending, attend the lunch, ask questions, and then connect with at least one industry representative on LinkedIn.

### JOB SHADOW OR INFORMATIONAL INTERVIEW

Identify an industry you are interested in learning more about, find a UP alum or personal contact who works for a company or organization in that industry, contact them on LinkedIn and ask if you can visit them on the job or meet them for coffee to hear about what it's like to work in their field.

### SWE CAREER FAIR

Research the companies that hire in your major, visit the tables of at least 3 companies, talk with representatives and get a business card or connect with them on LinkedIn.

### SEATTLE OR HAWAII NETWORKING

If you will be in Hawaii in January or Seattle over Spring Break, attend the networking session hosted by UP, research the companies attending, talk with at least 3 companies and connect with attendees on LinkedIn.

OR SOMETHING ELSE IN YOUR FIELD/DISCIPLINE

## THIRD GET INVOLVED ON CAMPUS



Find a way to plug in on campus - through clubs, through research, through service

*Pick one!*

### LEARN MORE ABOUT CAPSTONE

Attend the senior capstone panels on March 18 AND attend the Founders Day presentations or the Shiley Showcase presentations for the projects in your major.

### LEARN MORE ABOUT RESEARCH

Reach out to a faculty member who does research in an area that you have interest, set up an informational interview with the faculty or a student researcher.

### GET INVOLVED WITH A CLUB

Pick a club and find a way to get more involved, run for a club leadership position (you don't have to win, just running is enough), volunteer to help at the SWE Career Fair.

### VOLUNTEER AT AN EVENT

Volunteer for Weekend on the Staff, volunteer for parents' weekend, volunteer to sing or play an instrument at a hall mass or chapel service, help with a residence hall activity.

### RUN FOR OFFICE

Run for an ASUP position (you don't have to win, just running is enough).

### FIND A WAY TO SERVE

Do a service immersion, volunteer with your residence hall, contact the Moreau Center and find a way to serve the UP campus, the Portland community or beyond.

FIND OUT MORE ABOUT CAREER  
EXPLORATION OPPORTUNITIES  
[UP.CAMPUSLABS.COM/ENGAGE](http://UP.CAMPUSLABS.COM/ENGAGE)

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# Career Passport

## Engage Forms: TO GET CREDIT

<https://up.campuslabs.com/engage/>

- **Part 1 – LinkedIn and Handshake**
  - Upload screenshots
  - Short reflection (100 words)
- **Part 2 – Professional/Career Development**
  - Upload screenshot or photo
  - Short reflection (100 words)
- **Part 3 – Campus Involvement**
  - Upload screenshot or photo
  - Short reflection (100 words)



# QUESTIONS?

For More Information, Contact:

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