

# Gaining Experience

Looking to explore careers? Consider getting involved in experiences. There are many benefits to engaging with activities on and off campus. **Find your fit by rating your goals in each column (1 = most important).**

## Improve Your Skills

- Practice your communication and teamwork skills
- Gain leadership and job related skills
- Gain experience helping others
- Exposure to multicultural competence
- Gain confidence in your own abilities
- Other new skills or knowledge:  
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## Explore Careers

- Decide if you like the field's work environment (ex. office vs. school)
- Gain advice from older students with similar career goals
- Gain advice from professionals or alumni
- Practice networking
- Apply knowledge you've learned in school

## Professional & Personal Development

- Learn about a career field from the inside
- Find a mentor
- Make new friends
- Add to your resume for internships, jobs, or grad school applications
- Serve your community
- Explore Iowa City or the world
- Have fun
- Develop a hobby

**Now brainstorm & discuss the categories & questions below.**

<p><b>Student Organizations</b> csil.uiowa.edu <u>Ideas:</u></p>          <p><u>Benefits:</u></p>	<p><b>Student Employment</b> HireaHawk.com <u>Ideas:</u></p>          <p><u>Benefits:</u></p>	<p><b>Volunteering &amp; Service Learning</b> Leadandserve.uiowa.edu <u>Ideas:</u></p>          <p><u>Benefits:</u></p>
<p><b>Research</b> uiowa.edu/icru <u>Ideas:</u></p>          <p><u>Benefits:</u></p>	<p><b>Internships</b> careers.uiowa.edu <u>Ideas:</u></p>          <p><u>Benefits:</u></p>	<p><b>Study Abroad</b> international.uiowa.edu <u>Ideas:</u></p>          <p><u>Benefits:</u></p>

**What activities or hobby do you want to continue for stress relief and/or fun?**

**What types of activities meet your current needs and why?**

**What types of activities should you do before graduation and why? What semester will you participate?**