

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:

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.

Student Organizations

leadandserve.uiowa.edu/student-organizations

Ideas:

Benefits:

Student Employment

Handshake

Ideas:

Benefits:

Volunteering & Service Learning

leadandserve.uiowa.edu

Ideas:

Benefits:

Research

uiowa.edu/icru

Ideas:

Benefits:

Internships/Co-ops

careers.uiowa.edu

Ideas:

Benefits:

Study Abroad

international.uiowa.edu

Ideas:

Benefits:

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?

PREPARING FOR AN INTERNSHIP SEARCH

Do a little planning below; then discuss your goals with your Career Coach for resources tailored to you. To learn what counts as an internship see careers.uiowa.edu/internships.

WHAT ARE YOUR TOP MOTIVATIONS FOR BEING AN INTERN?

Rate the following with 1 being your top goal and 10 being the one of least importance.

- | | | |
|--|---|---|
| <input type="checkbox"/> Apply Skills Learned in School | <input type="checkbox"/> Gain Professionalism | <input type="checkbox"/> References |
| <input type="checkbox"/> Build Your Resume | <input type="checkbox"/> Leadership Development | <input type="checkbox"/> Skill Development |
| <input type="checkbox"/> Career Exploration | <input type="checkbox"/> Network | <input type="checkbox"/> Try out a Career Field |
| <input type="checkbox"/> Gain Industry Knowledge Firsthand | | |

GET READY FOR YOUR INTERNSHIP SEARCH

What do you hope to learn specifically from the internship?

What kind of responsibilities, projects, or tasks would you like to have?

CONSIDER YOUR PRIORITIES

Think of a Plan A & B

(You can have plans all the way to Z!)

Plan A

Plan B

	Plan A	Plan B
Summer or School Year?		
Home, Iowa City, or Other?		
Housing/Cost of Living		
Paid or Unpaid?		
Full-time or Part-time?		
Size of Organization?		
Find Your Own or do a Fee-based Program?		
Eligible for Course Credit?		

Did you know?

\$7,000 is the average additional starting salary made by UI graduates who completed an internship, co-op, research project, or practicum compared to UI undergraduate students who did not have one of those experiences.