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

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

<table>
<thead>
<tr>
<th>Student Organizations</th>
<th>Student Employment</th>
<th>Volunteering &amp; Service Learning</th>
</tr>
</thead>
<tbody>
<tr>
<td>csil.uiowa.edu</td>
<td>HireaHawk.com</td>
<td>Leadandserve.uiowa.edu</td>
</tr>
<tr>
<td>Ideas:</td>
<td>Ideas:</td>
<td>Ideas:</td>
</tr>
<tr>
<td>Benefits:</td>
<td>Benefits:</td>
<td>Benefits:</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Research</th>
<th>Internships</th>
<th>Study Abroad</th>
</tr>
</thead>
<tbody>
<tr>
<td>uiowa.edu/icru</td>
<td>careers.uiowa.edu</td>
<td>international.uiowa.edu</td>
</tr>
<tr>
<td>Ideas:</td>
<td>Ideas:</td>
<td>Ideas:</td>
</tr>
<tr>
<td>Benefits:</td>
<td>Benefits:</td>
<td>Benefits:</td>
</tr>
</tbody>
</table>

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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?