

CAREER EXPLORATION & PLANNING



STILL DECIDING WHAT CAREER PATH TO TAKE?

This course will help students learn to talk about their strengths, connect academic goals with potential career pathways and cultivate a network. Students will identify their professional and academic skills and interests through assigned readings, reflections, and in-class activities. The course includes lectures, seminar-style discussion, guest speakers, small group work, and individual coaching and feedback.

After taking this course, students will be able to:

- Understand how personal characteristics, e.g., interests, values, and skills, influence career development
- Identify appropriate academic major, occupational, and/or employment alternatives in relation to personal characteristics
- Use a variety of information resources to explore academic major, occupational, and/or employment options
- Understand career development theories and use decision-making skills for life/career planning and management
- Understand how to formulate action plans and strategies for implementing life/career goals

COURSE INFO FOR WINTER 2023:

- > GEN ST 297 G (SLN: 15282)
- > Wed, 10:30-11:20 am, JHN 111
- > Recommended for 1st, 2nd year, & Transfer Students
- > One credit course; Credit/No Credit grading (CR/NC)
- > Please email lsanti@uw.edu for other questions