



PATHWAYS TO PROFESSIONAL FORMATION

12 Days of Professional Formation Activities

Quick and easy tasks to complete during winter break to move you forward on your career path

- Sign up for LinkUp-a casual student & alumni networking event-Jan. 24th 4-6pm
- Find your resume! Save it in multiple places. Review it for updates and errors.
Don't have a resume, make a coaching appointment with Career Engagement.
- Make a list of 10 people in your career network.
They can be family, coworkers, or friends. Make sure you add your Professional Formation Coordinator, Center for Career Engagement and at least one of your faculty to your list.
- Create a LinkedIn profile. If you already have one, review it and update it.
- Find 10 articles on an industry or companies you are interested in and save them to read later. You could also review job descriptions.
- Read 3-5 of the career articles you saved.
What impressions did the articles give you about the company's or industry's culture, environment, mission, and values?
- Read the remaining career articles you saved.
What excites you about a particular company, industry, or type of role? What didn't sound as appealing?
- Make a list of people you know who have interesting jobs.
- Reach out to one person in your network or on your interesting job list and set up an informational interview.
Don't know what this is: email Amy, your Professional Formation Coordinator
- Create a Handshake account.
- Make a list of at least 5 of your strengths.
Write about an experience that demonstrates each strength.
- Check out the Career Engagement Resources

Bonus: Check out the Professional Formation Website!

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→ <https://www.seattleu.edu/artsci/professional-formation/>