

FREE:

FIND THE RIGHT EXPERIENCE AND EMPLOYMENT

THE FOUR YEAR PLAN

FIND THE RIGHT EXPERIENCE AND EMPLOYMENT (FREE) is an innovative new way for GW students to navigate and plan for their own career development. FREE incorporates cumulative planned activities that enhance knowledge, build marketable skills, facilitate career exploration and feature experiential learning that will inspire and prepare students for a lifetime of meaningful work.



THE GEORGE
WASHINGTON
UNIVERSITY
WASHINGTON DC

YEAR ONE ASSESS AND ENGAGE

Gather and synthesize information about the University's career resources to assess skills, interests, and values that support career decisions and academic majors.

- Learn about GW Career Center Services and Resources
- Conduct Self-Assessment
- Begin Construction of Personal Portfolio

Successfully contribute to part-time or Federal Work Study job, volunteer activities, and residential experiences to develop career related competencies.

- Gain Work Experience
- Volunteer in Community

YEAR TWO EXPLORE AND REFINE

Explore career related student groups, organizations, and employers and begin to articulate your skills, interests, values and goals; research industries and workplace environments to explore career and major interests and to test professional and work assumptions.

- Explore Options
- Get Involved and Develop Leadership Skills
- Research Employers

Develop and implement a successful plan to obtain major-related internships, part-time jobs, co-ops, and other experiences.

- Market Yourself
- Locate Career Related Experiences

YEAR THREE EXPERIENCE AND ENHANCE

Demonstrate an understanding of career development and job search skills and strategies that will effectively link career goals to professional realities upon graduation.

- Hone Career Development and Job Search Skills
- Develop and Expand Career Network

Identify and choose multiple career development opportunities, establish learning goals and reflect upon employment and experiences to enhance career knowledge and skills.

- Clarify Occupational Choices
- Gain Further Experience

YEAR FOUR REFLECT AND TRANSITION

Synthesize your experiences in academics, service, leadership, internship and experiential learning and articulate plans for post-GW success and lifelong career development.

- Reflect on Four Year GW Experience and Identify Top Priorities and Goals for the Future
- Explore and Select Occupational Choices

Utilize knowledge of transition realities to pursue professional employment or graduate school admission.

- Develop Self Marketing Campaign to Obtain Postgraduate Goals
- Create Transition Plan

YEAR ONE
ASSESS AND ENGAGE

YEAR TWO
EXPLORE AND REFINE

YEAR THREE
EXPERIENCE AND ENHANCE

YEAR FOUR
REFLECT AND TRANSITION



FOURTH YEAR:



REFLECT AND TRANSITION

Integrate your experiences in academics, service, leadership, internship and experiential learning and articulate plans for post-GW success and lifelong career development.

Reflect on Four Year GW Experience and Identify Top Priorities and Goals for the Future

- Identify top skills from past academic and work experiences.
- Reflect on values important to you regarding your post-graduation plans.
- Develop a list of your core skills and abilities.

Refine and Confirm Occupational Choices

- Attend **Career Center Open House for Juniors and Seniors** and meet with a **Career Consultant** to learn about Career Center services and resources.
- Further research occupational choices related to interests, skills and values and select occupational choice to pursue after graduation.
- Meet with a **Career Consultant** or **Recruiter-In-Residence** to clarify plans.

Utilize knowledge of transition realities to pursue professional employment or graduate school admission.

Develop Self Marketing Campaign to Obtain Post Graduate Goals

- Refine resume, cover letters and additional job correspondence materials.
- Connect and secure employment references or letters of recommendations from work supervisors or professors.

Create Transition Plan

- Prepare for and arrange appropriate testing services for graduate/professional school.
- Attend **Job Search Strategies** to learn how to create a personal job search timeline and organize your job leads and applications.
- Attend **How to Make the Most of the Career Fair** for relevant tips on working a job fair.
- Participate in Career Center and regional career fairs based on occupation and/or industry preferences.
- Register and participate in **On-Campus Recruiting**.
- Actively engage your networks during job search.
- Attend **Negotiating Salaries and Job Offers** to learn effective strategies in evaluating and selecting job offers.

