

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



THIRD YEAR:

EXPERIENCE AND ENHANCE



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

Refine Career Development and Job Search Skills

- Attend **Career Center Open House for Juniors and Seniors** and meet with a **Career Consultant** to learn about Career Center services and resources.
- Attend **Resume Madness** for an updated critique of your resume.
- Identify key skills and attributes needed for postgraduate opportunities in your field of interest.
- Attend **Ace Your Interview** or participate in a **Mock Interview** to improve your interviewing skills.
- Meet with a **Recruiter-in-Residence** to discuss your job search strategies.

Develop and Expand Career Network

- Attend **All About Networking** or speak with a **Career Consultant** to develop successful networking skills.
- Target networking contacts in your career field and conduct informational interviews.
- Attend networking events and utilize resources through the Career Center to develop new contacts.

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

Clarify Occupational Choices

- Meet with a **Career Consultant** to further reflect upon past work experiences and to determine choices for the future.
- Research occupations based on your interests, skills and values.
- Locate potential employment opportunities based on your occupational choices.
- If considering graduate or professional school as part of your postgraduate plans, begin researching applicable programs and schools.
- Learn more about employment opportunities in your career fields by attending career fairs and employer information sessions.

Gain Further Experience

- Seek and secure advanced and more challenging internship or experiential opportunities to enhance your career development.
- Engage in leadership opportunities through student organizations.

