

# FREE:

## FIND THE RIGHT EXPERIENCE AND EMPLOYMENT EXPERIENTIAL EDUCATION



THE GEORGE  
WASHINGTON  
UNIVERSITY  
WASHINGTON DC

### YEAR ONE

#### ASSESS AND ENGAGE

- FWS On-Campus Work
- Part-Time On-Campus Work
- Community Service (FWS Tutor)
- Volunteer

### YEAR TWO

#### EXPLORE AND REFINE

- FWS Off-Campus Work
- Part-Time Work
- Career Exploration Internship
- Major Decision Experience

### YEAR THREE

#### EXPERIENCE AND ENHANCE

- Credit/Non-Credit, Paid/Non-Paid Internships
- Cooperative Education
- Major-Career Related Work

### YEAR FOUR

#### REFLECT AND TRANSITION

- Career Related Work Experience
- Paid, Credit Internship
- Pre-Graduation Employment

YEAR ONE  
ASSESS AND ENGAGE

YEAR TWO  
EXPLORE AND REFINE

YEAR THREE  
EXPERIENCE AND ENHANCE

YEAR FOUR  
REFLECT AND TRANSITION

## DEFINITIONS:

**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.

### EDUCATE:

Making the most of your work, intern, or service learning experience means understanding your options, determining when and which experiences are right for you and reflecting on your learning. Whether your current job is working in an office, lobbying Congress, waiting tables and/or related to your major, the FREE experience helps you make sense of your pre-career options through specialized programs and activities. *The Career Center facilitates your learning:*

- One-on-One Consulting with Career Consultants
- Orientations to Managed Programs
- Workshops and Educational Programs
- Reflection Activities and Learning Agreements to Identify New Skills, Knowledge and Abilities

### PART-TIME JOBS:

A part-time job can mean gaining valuable skills as well as earning a paycheck. Even if your part-time job does not relate to your major you'll learn transferable skills such as time management, communication, teamwork, leadership, and problem solving which are valuable to future employers. *The Career Center assists your part-time job search:*

- Online Part-Time Job Listings
- Federal Work Study Program
- On-Campus Job Listings
- Employer Targeting via Online Resources and the Career Resource Room

### INTERNSHIPS:

An internship may be paid or unpaid, may qualify for academic credit, and ideally offers supervised practical experience related to your major. Use internships to explore career options, develop a network of professional contacts, and build skills for your future career.

*The Career Center guides your internships:*

- Online Internship Listings
- Internship Books in the Career Resource Room
- Resource of Academic Liaisons
- Internship Search Workshop

### COOPERATIVE EDUCATION (CO-OP):

Co-op is a structured University program available to students in certain degree programs that provide major-related work experience and transcript notation. Semester hour and GPA requirements apply.

*The Career Center connects you to Co-ops:*

- Co-op Orientations
- Selected Co-op-Only positions on GWork
- Scheduled Site Visit with Employer and GW Liaison
- Managed Program Supervised Directly by GW

### EVENTS:

Throughout the year, the Career Center hosts special events that will help you to connect with employers to learn more about employment and experience options that enhance your career development during your college experience. *The Career Center presents for you:*

- Summer Job & Internship Fair
- Federal Work Study Job Fair
- Career Fairs
- National Student Employment Week
- Resume Madness!





# FIND THE RIGHT EXPERIENCE AND EMPLOYMENT

	PART-TIME JOB <i>including Federal Work-Study</i>	COMMUNITY SERVICE/ VOLUNTEER	UNPAID <i>non-credit</i> INTERNSHIP	PAID <i>non-credit</i> INTERNSHIP	ACADEMIC <i>for credit</i> INTERNSHIP	COOPERATIVE EDUCATION
PAID	✓	■	■	✓	☑	✓
CAREER-FOCUS	☑	☑	☑	☑	☑	✓
RELATED TO MAJOR	☑	☑	☑	☑	✓	✓
COMMUNITY SERVICE RELATED	☑	☑	☑	☑	☑	☑
TRANSCRIPT/ CREDIT	■	■	■	■	✓	■*
DEFINITIONS	Part-time work is any job that provides students with an hourly wage.	Experiences in which a student provides a service that is of benefit to the community.	Ideally, an internship would provide supervised practical experience. Often employers' definitions of an internship vary.	Ideally, internships offer supervised, practical experience. Often employers' definitions of an internship vary. Internships may pay an hourly wage or stipend.	Supervised major-related experiences, recognized by an academic department. Internships may pay a wage or stipend or be unpaid.	A structured University program to provide students with major-related work experience. GPA and semester hour requirements. *Transcript notation, though no credit.
WHERE TO FIND MORE INFORMATION	<ul style="list-style-type: none"> <li>• Visit the Career Center for access to listings.</li> <li>• All Federal Work Study jobs at GW are listed thru <i>GWork</i>.</li> </ul>	<ul style="list-style-type: none"> <li>• Contact Office of Community Service for information.</li> </ul>	<ul style="list-style-type: none"> <li>• Visit the Career Center for access to listings and resources.</li> </ul>	<ul style="list-style-type: none"> <li>• Visit the Career Center for access to listings and resources.</li> </ul>	<ul style="list-style-type: none"> <li>• Contact your academic department to determine if credit can be applied to internships.</li> </ul>	<ul style="list-style-type: none"> <li>• Visit the Career Center for information.</li> <li>• Co-op orientation is required.</li> </ul>

✓ Always

☑ Sometimes

■ Never

