

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



SECOND YEAR:



EXPLORE AND REFINE

Explore career-related student groups, organizations, and employers and begin to articulate 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

- Attend **Career Center Open House for Freshmen and Sophomores** and meet with a **Career Consultant** to learn about Career Center services and resources.
- Use **MyPlan** (www.gwu.myplan.com) to research occupations related to your interests, skills, and values.
- Visit the **Career Resource Room** to learn about and target organizations offering internships and other career-related experiences.
- Reflect on your summer and first year work experiences to identify newly developed skill areas.

Get Involved and Develop Leadership Skills

- Explore leadership development opportunities through GW Housing Programs and the Student Activities Center.
- Contact the Office of Community Service for volunteer opportunities.
- Join career-related student organization(s).
- Consider running for a leadership position in a career-related student organization of which you are a member.

Research Employers

- Talk to friends, family, and professors about your career dreams.
- Locate GW alumni in your field of interest using **Colonial Connection**. Conduct informational interviews to better understand career options in your field of study.

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

Market Yourself

- Meet with a **Career Consultant** and attend **Creating Cover Letters** to discuss the development of your personal marketing plan, and to build your network of potential employers.
- Utilize **Drop-In Consulting** to learn how to write cover letters that effectively market your skills to specific employers.

Locate Career-Related Experiences

- Attend **Finding an Internship** in the fall and/or spring semesters.
- Attend a **Co-op Orientation** to learn more about the co-op program and the opportunities available for your field.
- Attend the **Summer Job and Internship Fair** and **Spring Career Fair** to identify potential career-related work opportunities.
- Explore **GWork** to locate internship opportunities.
- Utilize **CareerSearch** to find potential internship sites outside of the DC Metro area.
- Make the most from your work experiences by setting goals and reflecting on those experiences.

