

# Careers (CAR)

**CAR 051 Choosing Majors and Careers 0.0 SH [ ]**

Students identify their interests, strengths, and values, and relate these discoveries to possible majors and future careers. Class activities help students better envision their college experience and explore topics such as liberal arts and the world of work, the benefits of planning, unexpected opportunities, initial career development, and presenting oneself with confidence.

**Class Level Restriction:** Freshman and Sophomore only.

**CAR 201 Navigating Internships 1.0 SH [ ]**

Course prepares students to intentionally plan for and complete an internship before graduation.

Students will gain a deeper understanding of their personal strengths and how academics relate to their specific internship opportunities and choices. Course supports student development of professional competencies and tools necessary to secure an internship and will assist in the completion of academic internship contracts if needed.

**Class Level Restriction:** Freshman and Sophomore and Junior only.

**CAR 301 Navigating College to Career 3.0 SH [ ]**

Provides students with tools to identify their skills, strengths, knowledge, and experiences relevant to their career goals. Activities include exploring design your life activities, job options, learning how to pursue desired opportunities, connecting with professionals, enhancing résumés and cover letters, managing online professional profiles, and practicing interviewing skills.

**Class Level Restriction:** Sophomore and Junior and Senior only.