WORKSHOPS

Our workshops are focused on specific topics, designed to help you build the skills necessary for life-long career success. Take one, two, or all of our offerings and be ready to launch your career!

MASTERING THE BASICS

Our “Mastering the Basics” workshops are designed to help you get started with the fundamental career literacy skills. These workshops are also prerequisites for some of our more advanced programs.

CAREER EXPLORATION

Are you feeling unsure of what career you will pursue following graduation? In this workshop, you will learn about the career decision making process and discover tools for exploring career paths throughout your undergraduate career and beyond.

Level: Introduction
Length: 60 minutes

CAREER EXPLORATION FOR INTERNATIONAL STUDENTS

Join us as we discuss strategies and tips to fully engage in your USF and US experience as an international student. We will also share resources that can be helpful to you and your student experience as an international student.

Level: Introduction
Length: 60 minutes

RESUME 101

Do you need help getting started or updating your resume? This hands-on workshop will give you the building blocks for creating a strong, foundational resume to assist you in securing your next professional opportunity. Please bring a laptop to this workshop if you have one.

Level: Introduction
Length: 90 minutes

NETWORKING 101

It’s never too early to start professional networking. This workshop provides tools and confidence to start your process now, setting you up for success in your next professional opportunity.

Level: Introduction
Length: 60 minutes

ACING THE INTERVIEW 101

Get ready to ace your interview! This workshop will introduce you to the basics of an interview, what to expect, and how to tell your professional story to a potential employer.

Level: Introduction
Length: 90 minutes

ACING THE INTERVIEW 201

This workshop builds on “Acing the Interview 101” by providing deeper insights and tips on how to succeed while interviewing. Students will learn how to identify and answer behavioral-based interview questions and to apply what they have learned using the Big Interview practice program.

Level: Intermediate
Length: 60 minutes
GETTING EXPERIENCE

Are you interested in internships or Cooperative Education (Co-op) positions ... or are you trying to figure out how to get started in the search process? These are the workshops for you!

CAREER SUCCESS THROUGH EXPERIENTIAL LEARNING

This workshop will provide students with information on the importance of incorporating experiential learning as part of their career development. Learn to prepare and obtain an experiential learning opportunity by learning about the main categories of experiential learning and the importance of reflection after the experience.

Level: Introduction
Length: 30 minutes

HOW TO TRANSLATE YOUR SKILLS TO LAND AN INTERNSHIP

This workshop will focus on how students can translate and apply skills gained from career related experiences to the internship and Co-op search. Students will gain an understanding of transferable skills and NACE competencies. Join us as we discuss strategies and insights on how to translate your skills to meet the required competencies to land that desired internship or Co-op.

Level: Intermediate
Length: 60 minutes

ENGAGING WITH EMPLOYERS

Be ready to put your best foot forward when meeting with employers. These workshops will help you get the most out of career fairs and other employer events both on-campus and on-line.

CAREER FAIR CRASH COURSE

This workshop will prepare you for our career fairs and how to make a positive impact on the employers you meet. We will discuss strategies and tips to successfully prepare and navigate the career fairs. Join us to get prepared, confident, and make the most of career fair opportunities.

Level: Introduction
Length: 90 minutes

PREPARING FOR EMPLOYER EVENTS

This workshop prepares you for our upcoming employer events. You will learn how to make a positive impact on each of the employers you meet. We will discuss strategies and tips to successfully prepare and navigate professional events. Join us to learn how to get prepared, confident, and make the most of all employer networking opportunities.

Level: Introduction
Length: 60 minutes
EXPLORING GRAD SCHOOL

If you know that graduate or professional school is in your future ... or if you’re trying to decide between entering the workforce or continuing your studies, then these workshops can help you prepare!

AN INTRODUCTION TO GRADUATE & PROFESSIONAL SCHOOL PROGRAMS

This workshop is geared to juniors and international students who are considering graduate and professional schools for their post-graduation plans. This workshop is an introduction to graduate and professional school programs, admission processes and requirements, and resources to assist participants with graduate school considerations and planning.

Level: Intermediate
Length: 60 minutes

JOB OR GRAD SCHOOL: WHICH, WHEN, & WHY

As you navigate your last semester or two at USF it’s important to think and prepare for your next step: is it a job, grad school, or both? This workshop will address the pros and cons of all options, and provide a practical approach to decision-making.

Level: Advanced
Length: 30 minutes

LAUNCHING YOUR CAREER

You’ve been working hard on your studies and graduation is right around the corner! These workshops are designed to help you finalize your job search and find success in your first job after graduation.

JOB PURSUIT

Job Pursuit suggests identifying a target and going after it – a more intentional job search. This workshop will give you the essential preparation tools, knowledge and skills to conduct a job pursuit that leads to a job that you REALLY want, with an organization you want to work for.

Level: Advanced
Length: 40 minutes

SUCCESS IN YOUR NEW JOB ... PLAN ON IT!

Congratulations! You got the job! Now what? Many people go into a new job just happy to have one, but YOU want to hit the ground running and ensure your long-term success. This workshop is designed to provide you with practical advice for succeeding in your new career.

Level: Advanced
Length: 30 minutes

REGISTER TODAY!

All workshops are offered in-person and on-line by Career Services. Register on-line in Handshake.

Career Services | www.usf.edu/career-services | 813-974-2171 | CareerServices@usf.edu