

CAREER CLASSES

Designed to meet the needs of undergraduate students seeking information and inspiration about academic majors, career options and strategy.

General Studies 297

FOR FIRST AND SECOND-YEAR STUDENTS WITH 0-89 CREDITS

Title: Career Planning and Exploration

Schedule: Wed 1:30 - 3:20 PM

Instructor: Tina Adelstein (Career Counselor)

Credits: 2

Class size: up to 50 students

SLN: 15069

- This course assists freshmen and sophomore students with the process of exploring and designing their academic, internship and career pathways. Students will survey their own capacities, skills, and interests through assigned readings, reflections, and in-class activities.
- This is a graded, 2-credit course (CR/NC) with one 110-minute seminar each week.
- This course exposes students to various co/extra-curricular campus opportunities and tackles the issue of “what can I do with a major in...” Students are encouraged to apply their knowledge to make informed choices about possible courses of study, internships, jobs, high-impact activities, and careers.

Students will:

- Build, refine, and practice effective application materials and strategies.
- Clearly position their education and background in the marketplace and develop confidence in choices.

General Studies 391

FOR THIRD AND FOURTH-YEAR STUDENTS WITH 90+ CREDITS

Title: Career Strategy and Job Search

Schedule: Tues + Thurs 2:30 - 3:20 PM

Instructor: Alison McCarty (Career Counselor)

Credits: 2

Class size: up to 50 students

SLN: 15085

- This course assists juniors, transfer students, and seniors with self-exploration, investigation of career options and development of job search strategy.
- This is a graded, 2-credit course with two 50-minute classes each week.

Students will:

- Grow self-awareness and appreciation for their strengths, skills, values, and interests and learn how to use this important self-knowledge when taking action in job searching and building a career strategy.
- Build ability to effectively research career options and learn how to be successful in the competitive job market.
- Learn how to create effective resumes, cover letters, and LinkedIn profiles.
- Grow networking and interviewing skills and build confidence in the internship/job search.

CONTACT

No prerequisite required. For questions, details, or to be added to the waitlist, email:

GEN ST 297 – Tina Adelstein (tinaiw@uw.edu)

GEN ST 391 – Alison McCarty (alisonm3@uw.edu)