

Graduate Student Career Group
Autumn 2009
Weekly Meeting Objectives

Session 1: October 8

- Introductions of group members and co-facilitators
- Overview of group, group rules and expectations of each other
- Explanation of career development process
- Explanation of Career Mosaic sheet
- Explanation of RIASEC and how careers fit with interests

Homework: RIASEC exercise, ask 3 people for 3 top skills, motivated skills card sort

Session 2: October 15

- Share and process RIASEC and skills exercises
- RIASEC party to look for common strengths in each group and common difficulties between groups
- Brief discussion about how values relate to interests and skills

Homework: Depth-Oriented Values Extraction

Session 3: October 22

- Share and process homework in pairs/small groups
- Introduce resources for exploring career options
- Group will brainstorm careers for each person to consider

Homework: take StrengthsFinder assessment

Session 4: October 29

- Share and process results from StrengthsFinder
- Learn how to reality-test careers through informational interviewing
- Work with group to brainstorm people to contact for informational interview and conduct informational interview(s)

Homework: explore at least 3 careers and conduct at least one informational interview

Session 5: November 5

- Share results of career exploration with the group
- Create career development plan of action

Homework: Continue to conduct informational interview(s) and write up plan of action

Session 6: November 12

- Report back about informational interviews
- Review the action plans and discuss strategies to overcome possible hurdles
- Complete feedback forms about group