

**“MAKE THE MOST OF THE COLLEGE EXPERIENCE BY CONNECTING  
WITHIN CAREER GOALS”**

*A workshop for college-bound high school seniors*

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**Workshop Activities:**

**#1: How Will You Spend Your College Years?**

**#2: Networking Web**

**#3: Chex-Mix - Resume Analogy**

**#1: How Will You Spend Your College Years?**

*Objective:* Raise awareness in students that the experiences they chose to engage in college will translate into specific skills the student can put on his or her resume.

*Materials Needed:*

- Experience title signs
- Skills on slips of paper
- Bowl/bag to hold slips of paper
- Surface/wall space for set up of experience signs

*Time:* Conduct activity immediately after introduction (slide #2). Allow 10 minutes for activity and debrief.

*Introduction Dialogue:* “Throughout college you as students will have the opportunity to choose to engage in different experiences. Think about what you want your ‘college experience’ to consist. Imagine how you want to spend your time every semester.”

*Directions:* Tell students they must pick two experiences for two semesters (four experiences total). Direct them to choose an experience and select a slip of paper from the bowl corresponding with the sign. When the students return to their seats they should have four slips of paper. Reveal to students the slips of papers indicate skills they gained from engaging in that specific experience. Facilitate a discussion and debrief with students.

*Debrief and Discussion Questions:*

- Are you happy with the skills you gained?
- Do you wish you had picked a different experience?
- Are these skills you could put on a resume?
- Are these skills which make you proud?
- How could having this skill be helpful for your future?
- What additional skills would you like to gain through experience and put on a resume?
- What occupations would desire someone with the skills you obtained?

*Materials Content Examples- Experience: Skills:*

- Part-time Job: Work Ethic, Responsibility, Communication, Money Management, Customer Service
- Internship: Interpersonal, Leading, Organizational, Hands on Experience
- Volunteer Work: Community Involvement, Character, Teamwork, Planning
- Job Shadowing: Knowledge, Learning, Professional Connections
- Research: Problem Solving, Data Collection, Analytical
- Thesis: Creativity, Scientific, Technology

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- Study Abroad: Cultural Awareness, Foreign Language, International Travel
- Chill by the Pool: Tan Lines, Chlorine Fried Hair, Sun Burn
- Gym: Big Muscles, Hott Bod, Health
- Watching TV: Popcorn in Your Teeth, Weight, Pop Culture Knowledge
- Going to a Party: Friends, Fun Friday Night
- Video Games: Finger Dexterity, Focus, Insomnia

## #2: Networking Web

*Objective:* Define networking and raise awareness involving who to network with, how to network and its relevance to career development. Demonstrate by creating a visual “web” and making the connection how relationships will benefit the student’s professional development.

*Materials Needed:*

- Ball of colorful yarn
- “Career” sign

*Time:* Explain the definition of networking and conduct activity after the slide titled “What is Networking” (slide #7). Allow 10 minutes for activity and debrief.

*Directions:* Have students stand in a circle. Ask a specific student with who they would like to network. When the student answers the question (e.g: professor, colleague, supervisor etc.) hold on to a piece of the yarn, and throw the ball of yarn across the circle. Ask the student other questions:

- Who with would be beneficial to network?
- When and how is appropriate to contact this person?
- How would you approach this person?
- What topics could you discuss with this person?
- How will you maintain a good relationship with this person?
- How could knowing this type of person benefit you in the future?

Ask other students to participate by volunteering other ideas of people to network. When another student gives a specific person, hold on to the yarn and pass the ball around. When every student has contributed, there should be a “web” in the middle of the circle.

Place the sign that says “Career” on top of the strings in the middle of the web.

*Debrief Dialogue:* “As you can see, your “Career” is held up by this network of connections and relationships you have created. The stronger your network, the more stable your career will be over your lifetime.”

*Content Examples to use in Discussion:*

- Professor
- Advisor
- Friends
- Guest Speaker
- Family Member
- Employer
- Supervisor
- Co-Worker
- Colleague
- Business Professionals

- Online Communities /Groups
- Coaches

### #3: Chex Mix - Resume Analogy

*Objective:* To give students a visual analogy using an edible treat on how a resume with more variety and skills displayed is more appealing to employers.

Materials Needed:

- Ziploc Bags
- Plain Chex-Mix cereal
- Colorful goodies: e.g. M&M's, pretzels, marshmallows, gummies etc.
- Caution: Avoid nuts as many students may be allergic
- Premade bags to handout

Time: Conduct activity right before the "Final Thoughts" slide (slide #11). Allow two minutes for activity.

Directions: Present a bag of plain Chex-Mix cereal and ask students how desirable it is to eat. Compare the bag of Chex-Mix cereal to a plain resume. Add the different colorful goodies and relate each goody to a skill to be added to a resume.

Relate a resume to the bag of goodies. Employers also want a candidate who has more variety and skills on their resume.

*Debrief and Discussion Questions:*

- How many of you would rather eat the bag of plain Chex-Mix cereal compared to the bag with added goodies?
- Which goody bag is more appealing? The one with variety or the plain one?

*Debrief Dialogue:* "The bag of goodies is like a resume. It looks more appealing when there is more to it! That is why it is important to gain skills through a variety of experience while in college so you too can make yourself appealing to employers when you graduate."