ROADMAP

To Designing A Successful Career
How the Student Challenge Works

To complete the Roadmap, attend **8 BCC workshops & events listed in the Roadmap** over the 2021-2022 academic year. We recommend attending at least 4 workshops in the fall, and at least 4 in the spring.

Once you achieve each of **4 participation levels**, you win a prize! Simply submit your workshop attendance info once you achieve each level, and we'll be in touch about picking up your prize!

**Workshop Attendance Submission**

[Click here](#) to submit your workshop attendance info

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**Win awesome Friedman prizes!**

- **Attend 2 workshops**: winter beanie or baseball cap
- **Attend another 2 workshops** [4 total]: enamel mug
- **Attend another 2 workshops** [6 total]: tote bag
- **Attend another 2 workshops** [8 total]: be entered into a raffle to win one of three $100 Visa Gift Cards!
FALL 2021 WORKSHOPS

Learn a 3-part formula to a powerful introduction
Be prepared to answer the questions: What do you do? Or What do you want to do?
Learn how to sound confident and compelling when you aren’t sure what you want to do

Tuesday 9/21, 12:15pm - 1:15pm
Need help gaining clarity on how to best leverage your time at Friedman? Join this interactive session to explore the fundamentals of effective career planning! Participants will explore a road map for where to begin, recommended resources, a deep dive into gaining clarity on best skills & focused interests, and how to develop a concise ‘value proposition.’

Career Development 101: Identifying Your Unique Skills & Interests
Thursday 9/30, 6:00pm - 7:00pm

Need help gaining clarity on how to best leverage your time at Friedman? Join this interactive session to explore the fundamentals of effective career planning! Participants will explore a road map for where to begin, recommended resources, a deep dive into gaining clarity on best skills & focused interests, and how to develop a concise ‘value proposition.’

Craft Your Elevator Pitch: The Power of an Introduction
Tuesday 9/21, 12:15pm - 1:15pm
• Learn a 3-part formula to a powerful introduction
• Be prepared to answer the questions: What do you do? Or What do you want to do?
• Learn how to sound confident and compelling when you aren’t sure what you want to do

Self-Assessment Workshops on Udemy
SELF-PACED
Take the self-paced interactive Udemy courses on your own schedule! Be on the lookout for more information coming this fall regarding accessing Udemy with your Tufts UTLN.

Leveraging MBTI Personality Assessment to Gain Career Clarity
Tuesday 9/28, 12:15pm - 1:15pm
Come explore how you can utilize your results of the the Myers–Briggs Type Indicator survey to gain insights into your career path. MBTI is an introspective self-reporting questionnaire indicating differing psychological preferences in how people perceive the world and make decisions.

Workshops will be held online to allow for the widest participation
On campus? Join us in Room Jaharis 118, where students can meet up during the workshops

REGISTER HERE!
Learn what an Informational Interview is (and isn’t)
Learn how to use Informational Interviews as a powerful research tool
Learn how to prepare for and manage an Informational interview

The “How To’s” of Informational Interviewing
Tuesday 10/12, 12:15pm - 1:15pm
- Learn what an Informational Interview is (and isn’t)
- Learn how to use Informational Interviews as a powerful research tool
- Learn how to prepare for and manage an Informational interview

Internships for BMN & NEDS Students:
Diversifying Your Career Experience
Thursday 10/19, 12:15pm - 1:15pm
An internship allows you to explore potential careers, apply the knowledge you have gained, refine skills, network, and learn directly from those who are doing work that interests you. Internships can also help inform your career direction and position you well for your future job search. We encourage BMN and NEDS students to join us and discuss how internships can be a strategic choice during your time at the Friedman School.

AFE, FANPP, and NICBC Students:
Internships 101
Monday 10/25, 12:15pm - 1:15pm
Students in the AFE, FANPP, and NICBC programs are required to complete an internship as part of their degree, and expected to attend this session. We will discuss details regarding policies, procedures, scholarship opportunities, and timeline. It will also include a discussion about the internship search process, how to identify opportunities, and what resources are available to students. Division Chairs will be in attendance and can offer incredibly valuable advice!

LinkedIn 101:
Building Your Profile
Tuesday 9/28, 12:15pm - 1:15pm
LinkedIn is an incredibly powerful tool for building and maintaining your professional network. Join us for this highly interactive lab session where you will be guided step by step through the process of building a stronger profile. We’ll explore changing your headline, adding skills, enhancing your “About” summary, and adding links and documents to show samples of your work.

Creating a Strategic Resume or CV
Monday 10/4, 12:15pm - 1:15pm
Did you know that your resume is first and foremost a marketing document? And that what you’re marketing is YOU?! Join us to learn how to customize your resume for the internships, jobs, or fellowships you are uniquely targeting. Have a copy of your current resume or CV handy as we review, tweak and edit our way to a resume that best represents YOU!

Writing Excellent Cover Letters
Friday 10/8, 12:15pm - 1:15pm
When submitting a job or internship application, the importance of crafting a targeted cover letter cannot be emphasized enough. Join us for this workshop and learn how to write compelling cover letters that clearly articulate why YOU are the right person for the position.
Linkedin 102: Networking & Exploration
Thursday 11/4, 12:15pm - 1:15pm
Join us for an exploration of how LinkedIn can help you with your career direction and career connections. This lively and engaging session will feature both demos and hands-on small group exploration within LinkedIn itself.

Maximize your Job Search with Networking
Thursday 11/18, 6:00pm - 7:00pm
- Learn how to streamline your job search using contacts
- Learn how to get insider information on Job Postings
- Learn how to get your resume seen

Career Conversations hosted by Alumni Relations
Wednesday 11/10
Sign up for 30-minute virtual conversations with Friedman alumni to discuss your career path and build your network. Event information will be available later this fall.

Virtual Midwest Career Exploration Trip
Tuesday 11/16 - Thursday 11/18
Interested in working in the Midwest? Come along as we take a virtual trip to engage with alumni & staff from companies & organizations across the Midwest. Meeting times & session info to come!

Questions?
Contact us at BlockCareerCenter@tufts.edu

Tufts University
Gerald J. and Dorothy R. Friedman School of Nutrition Science and Policy
Ellie Block and Family Career Services Center