

ROADMAP

To Designing A

Successful Career

Tufts
UNIVERSITY

Gerald J. and Dorothy R. Friedman
School of Nutrition Science and Policy

Ellie Block and Family
Career Services Center

Let our Workshop Roadmap Be Your Guide!



WORKSHOP CATEGORY KEY

- Building the Foundation
- Finding the Right Opportunity
- Exploring Options
- Preparing Your Professional Tools
- Bringing it Across the Finish Line

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

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

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!**

Making the Most of Handshake: Jobs, Events, Career Coaching & More

Friday 9/17, 12:15pm - 1:15pm

The session will provide an overview of one of the most useful online career development tools available to Friedman students and alumni! Learn how to access your free account, complete your profile, register for events, search for jobs and internships, set up email alerts for jobs that interest you, and schedule coaching appointments.

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

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.

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.'

Self-Assessment Workshops on Udemy

SELF-PACED

Take the self-paced interactive Udemy courses on your own schedule! Be on the look out for more information coming this fall regarding accessing Udemy with your Tufts UTLN.

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.

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

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.

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 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.

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!

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

Keep an eye out
for more info
about our Spring
Workshops!

Questions?

Contact us at
BlockCareerCenter
@tufts.edu

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