National Association of Colleges and Employers (NACE) has identified eight career readiness competencies that are essential for college students to develop for successful transition into the workforce. The following actions can help UAlbany students develop the skills and competencies that are highly valued by employers:

<table>
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<th>Competency</th>
<th>Actions</th>
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| Career & Self-Development         | - Visit the Career and Professional Development office, meet with a career advisor, make an appointment to discuss your goals, resume, graduate school, or maybe even where to begin  
  - Network with alumni and professionals  
  - Explore, discuss, write down your career goals and actions needed to achieve them |
| Communication                     | - Join a debate team, Mock Trial, or a public speaking club  
  - Write for the college newspaper – Albany Student Press  
  - Practice interviewing skills  
  - Take communication-focused courses  
  - Create slide decks and give oral presentations |
| Critical Thinking                 | - Participate in class discussions  
  - Engage in research projects  
  - Take courses that emphasize analytical skills and critical thinking |
| Equity & Inclusion                | - Study abroad  
  - Join multicultural clubs or organizations  
  - Attend cultural events and workshops  
  - Take courses on global issues or intercultural communication |
| Leadership                        | - Take on leadership roles in student organizations  
  - Attend leadership development programs or workshops  
  - Organize events or initiatives  
  - Mentor or tutor other students |
| Professionalism                   | - Maintain a part-time job or internship  
  - Create a LinkedIn account  
  - Attend career fairs and networking events |
| Technology                        | - Take courses in information technology or digital literacy  
  - Learn new software or programming languages  
  - Work on projects that require the use of technology tools |
| Teamwork                          | - Participate in group projects or team sports  
  - Join student organizations or clubs  
  - Volunteer for community service projects |