

General Studies 297: Career Exploration & Planning

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Office hours by appointment through Handshake.

This course will help students talk about their strengths and connect academic goals with potential career pathways. Students will identify their professional and academic skills and interests through assigned readings, reflections, and in-class activities. The course includes lectures, seminar-style discussion, guest speakers, small group work, and individual coaching and feedback.

Learning Outcomes--Students will be able to:

- Understand how personal characteristics, e.g., interests, values, and skills, influence career development
- Identify appropriate academic major, occupational, and employment alternatives concerning personal characteristics
- Use a variety of information resources to explore academic major, occupational, and/or employment options
- Understand career development theories and use decision-making skills for life/career planning and management
- Understand how to formulate action plans and strategies for implementing life/career goals

Course Expectations:

GEN ST 297 is a one-credit course, graded credit/no-credit (CR/NC). This course is experiential, and your success depends on your genuine effort, completion and quality of assignments, and active participation in class discussions and activities. To receive credit, you must earn a minimum of 80% in the coursework or 240 points. Late work will automatically be deducted 10% points each day it is late. Anything submitted after 10 days will receive a 0.

Students will:

- Actively participate in-class activities and discussions.
- Complete assigned work and submit assignments on time.
- Come prepared with thoughtful questions for guest speakers and classmates.

Grading:

In this course, there is a possibility of a total of 300 points. Points are as follows:

Assignment	Points
Career Decision Making Self Efficacy Scale, Pre-test	15
Autobiography	45
Career Interests Worksheet	15
Level Up Skills Worksheet	15
Instructor Appointment (w/PathwayU Interest & Values Assessment)	30
Handshake: Profile & Career Interests	30
Guide to Good Decision Making	15
Career Action Plan	15
Major/Career Analysis	75
Career Decision Making Self Efficacy Scale, Posttest	15
Weekly Reflection Assignments	30

Total: 300 points, 240 minimum needed to receive credit for the class

Tips for Being Successful in This Class:

Engage fully in class discussions and assignments. Ask a lot of questions. Read and follow assignment directions carefully. Be yourself and if you need help in any way, ask for it. Keep an open mind about your future options, your abilities, and your potential. Be respectful of your classmates, instructor, and guests.

Classroom Community Expectation

In this class, we will share and discuss our backgrounds, identities, goals, and dreams. Everyone will listen to their classmates and respect each other. As your instructor, I recognize the complexities in the intersections between identities, backgrounds, values, and career development, and I am committed to supporting students from all backgrounds and perspectives.

Course Canvas Site

You will find all course materials and announcements on the course Canvas site. If there is an assignment that is due, you must submit it via Canvas by 9:59 am (before the start of class).

Schedule

Week	Topics	Assignments
Week 1	Introduction to Career Exploration	Autobiography, CDMSE Pretest
Week 2	Holland Theory & Career Interests	Career Interests Worksheet
Week 3	Skills & Work Values	Level-Up Skills Reflection Worksheet
Week 4	Career Assessments	PathwayU Assessments & Worksheet
Week 5	Instructor Appointment	Instructor Appointment
Week 6	Learn about Options: Majors & Careers	Career Exploration Worksheets
Week 7	Building and Levering Your Network	Handshake Profile & Career Interests
Week 8	Career Decision-Making	Guide to Good Decision Making
Week 9	Goal Setting	Career Action Plan
Week 10	MCA Presentations & Wrap-up	MCA & CDMSE PostTest

Access & Accommodations

Your experience in this class is important to me. It is the University of Washington's policy and practice to create inclusive and accessible learning environments consistent with federal and state law. If you have already established accommodations with Disability Resources for Students (DRS), please activate your accommodations via myDRS to discuss how they will be implemented in this course.

If you have not yet established services through DRS, but have a temporary health condition or permanent disability that requires accommodations (conditions include but not limited to; mental health, attention-related, learning, vision, hearing, physical or health impacts), contact DRS directly to set up an Access Plan. DRS facilitates the interactive process that establishes reasonable accommodations. Contact DRS at disability.uw.edu.

Religious Accommodations

Washington state law requires that UW develop a policy for accommodation of student absences or significant hardship due to reasons of faith or conscience, or for organized religious activities. The UW's policy, including more information about how to request an accommodation, is available at Religious Accommodations Policy (<https://registrar.washington.edu/staffandfaculty/religious-accommodations-policy/>). Accommodations must be requested within the first two weeks of this course using the Religious Accommodations Request form (<https://registrar.washington.edu/students/religious-accommodations-request/>)