

OUR MISSION

The Office of Career Development provides student-centered career-related assistance and programs through flexible and multiple delivery systems: general career guidance, choosing a major, résumé/cover letter advice, internship and job search, interview preparation, professional networking and branding, applying to graduate school, and more.

Students are encouraged to:

- Accept responsibility for their own career needs and direction.
- Gain familiarity with the world of work.
- Pursue professional and career goals with both an ethical approach and self-knowledge.
- Learn to adapt to and thrive in an ever-changing job market.
- Utilize technology/social media (e.g. LinkedIn, Facebook, Twitter, Pinterest, Skype, E-Portfolios).

FOLLOW US!



PROFESSIONAL ASSOCIATION MEMBERSHIPS

- National Association of Colleges and Employers (NACE)
- National Career Development Association (NCDA)
- Career Professionals of Iowa (CPI)

ARE YOU CAREER READY?

According to NACE, there are 8 core competencies to attain career readiness:

1. Career & Self-Development
2. Teamwork
3. Communication
4. Technology
5. Equity & Inclusion
6. Professionalism
7. Critical Thinking
8. Leadership



CAREER DEVELOPMENT

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CAREER DEVELOPMENT RESOURCES



UPPER IOWA
UNIVERSITY

CAREER DEVELOPMENT

CAREER DEVELOPMENT

The Upper Iowa University Office of Career Development can assist all students in many facets, including:

- Choosing a major
- Searching for an internship
- Writing a résumé and cover letter
- Finding employment
- Preparing for graduate school admission
- Branding and professional networking

Handshake

ALL THE HELP YOU NEED IN ONE PLACE!

Handshake is UIU's new online career management system, where students can find career-related documents, upload their resume, apply for on and off-campus jobs and internships, make appointments with career development staff, view upcoming career development events and more! You can reach out to UIU alums or others in your field for guidance and to expand your network.

Career Spots

Three-minute videos that touch on resume writing, interviewing, networking and more.



FOCUS

Assess your values, interests and experiences. Compare career options and find additional information.



Candid Career

Informational video interviews from professionals to give you an idea of what their job is like in the real world.



What Can I Do With This Major?

Learn about the typical career areas and the types of employers that hire people with each major.



Graduate School Resources

Explore options, financing information, resume and curriculum vitae assistance, and more.

Parker Dewey

Parker Dewey is a platform for students to take part in short-term, professional, paid work experiences through Micro-Internships.

Through these experiences you can demonstrate your skills, explore career paths, and develop their professional networks. Unlike traditional internships, these paid opportunities typically range from only 5 to 40 work hours, and many can be completed remotely.



PARKER DEWEY

“The mock interview questions were tailored to the position I was applying for and I received valuable feedback from career development staff on how to answer questions more similar to what my employer was expecting. With people having more experience than me, the interview was the most crucial part in landing my current job.”

-Brienne Fenton '17