



## Career Preparation: 4-Year Plan

**Engage:** All student athletes will engage in their studies and their career preparation.

**Reflect:** All student athletes will reflect on their career preparation through: (1) their career coach in the Career Engagement Office, (2) follow-up surveys via the Qualtrics software, and (3) workshops.

**Serve:** Student athletes will join Redhawk Landing. Alumni will return to campus for the annual Student Athlete Career Event and serve as mentors through Redhawk Landing.

**Prepare:** All student athletes will complete their digital footprint (e.g., Redhawk Landing, LinkedIn, Handshake), resume, meet with a career coach, and attend the student athlete career event in their career preparation.

**Freshmen:** In the Fall, freshmen would attend a workshop led by the Career Engagement Office related to: "engaging with new confidence: how to make an engaging introduction in different social settings - how to ask engaging questions in a conversation - how to engage a room full of people you have never met ... "

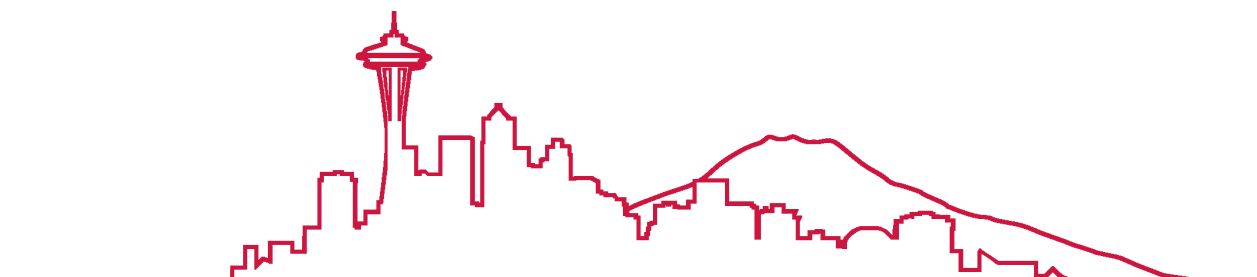
In the Spring, freshmen complete a survey to reflect on the skills learned at this workshop and how they have applied those skills.

**Sophomores, Juniors & Seniors:** Attend the Redhawk Student Athlete Career Event.

**Sophomores:** Prior to the career event, join Redhawk Landing and complete at least one informational interview with an alum. Additionally, meet with a career coach in the Career Engagement Office.

**Juniors & Seniors:** During the Fall Quarter, attend a workshop led by the Career Engagement Office regarding Redhawk Landing. The juniors and seniors will join the platform and the Student Athlete Alumni & Students Group.

**Juniors:** Prior to the career event, begin to fully utilize Redhawk Landing, complete Digital Footprint (LinkedIn, Handshake), resume, meet with career coach, etc.



# THE REDHAWK EXPERIENCE

ENGAGE • REFLECT • SERVE • PREPARE

**Seniors:** At the start of senior year (preferably in August or September before school starts), seniors will check in describing their career plans for after Seattle U so that the Career Engagement Office and Student Athlete Services can best assist the senior. With their career coach, the student athletes will create three-to-five action steps which they will communicate to their coaches. Seniors will complete their action steps prior to the career event.

## **Redhawk Student Athlete Career Event (second Monday of the Spring Quarter)**

Sophomores, Juniors and Seniors will receive a different "Bingo Card" to be completed that evening with specific tasks to be completed. Seattle U stickers will be used as bingo "chips." The teams will compete against each other for completing their Bingo Cards.

## **Networking/Speed Interviewing**

1. After the keynote speaker, introduce the recruiters, alumni and guests to the student-athletes.
2. Describe "how to" network/interview.
3. Hand out bingo cards to the student-athletes.
4. Bistro Tables/Tables + Signs Showing the Profession/Employer + Name tags

