

OSU-CASCADES - CAREER SERVICES

Career Advising Appointment Information Sheet

Please take a moment to provide us with information which will be used to help us to learn about your career development background, interests, and needs. (Please print)

Date_____

College_____

Name_____

Freshman Sophomore Junior Senior Graduate

Degree desired: Bachelor's Master's PhD

College Program Interest_____

College Advisor_____

Contact Information

Local address_____

City_____ State_____ Zip_____

Phone()_____ E-Mail_____

Topics for Discussion in Career/Life Planning

Please check the topic(s) you would like to discuss or learn more about during this appointment. You are welcome to schedule subsequent appointments if you would like additional time.

Self Aware--Discuss any or all, career interests, aptitudes, abilities, work, personal and cultural values, personality, work environment preferences, and self-confidence

Career Aware--Discuss any or all, career possibilities and/or occupational information, major selection, how to research career fields and labor market information, organizational and company information, internships, outreach to the community

Information Integration--Discuss any or all, challenges, making decisions and setting goals, time management, on-going evaluation

Marketing Strategies--Discuss any or all, job search process, writing resumes and cover letters, employment applications, interviewing strategies, networking, information interviewing

Workplace Success--Discuss any or all, job retention strategies, workplace culture, diversity, workplace transition, lifelong learning

Balanced Lifestyle--Discuss any or all, personal, family/social, career, leisure, and community integration