

Arrupe Career Guide

EXPLORE

Reflect on your unique self and how this relates to career choice; explore majors and careers

- Meet with an advisor to explore careers
- Complete the Career Self-Assessment Workshop
- Use online resources to learn more about major and career options
- Choose the degree program and concentration that fits your goals

ENGAGE

Participate in career readiness opportunities; network with professionals; gain hands-on experience

- Complete the Career Club workshop series
- Enroll in ACUNI 103: Career Exploration & Readiness
- Access free online career development lessons through FirstGenU
- Meet 1-on-1 with professionals for career mentorship
- Join student orgs and pursue leadership roles
- Participate in extracurricular programs to explore interests

EXECUTE

Prepare job search materials; pursue employment opportunities

- Meet with career advisors to prepare job search materials and pursue employment
- Develop a resume
- Create a LinkedIn account
- Complete a mock interview
- Attend career events offered through Arrupe and Loyola
- Apply for jobs and internships

TIPS

- Read the Monday Message and Career Corner newsletters sent each week to stay informed about available opportunities
- Use [Handshake](#) to schedule advising appointments, apply to jobs, see upcoming events, and much more
- Do you have questions or need assistance with any of these steps? Email Leah at lbrunk@luc.edu!

EXPLORE

Reflect on your unique self and how this relates to career choice; explore majors and careers

Meet with an advisor to explore careers.

- A career development advisor can help you connect your interests and skills to different career ideas. You can schedule appointments through [Handshake](#).

Sign up for the Career Self-Assessment Workshop (CSAW).

- Not sure where to start? The [CSAW](#) is a guided series of assessments that will help you discover key personal factors that are important to pursuing a fulfilling career.
- The CSAW is currently being offered asynchronously. To sign up you must meet with a career development advisor, who will provide instructions for the online assessments and then meet with you to discuss your results.

Use online resources to learn more about major and career options.

- "What Can I Do With This Major?" helps you to connect majors to a variety of career options and shares strategies to make you a more marketable candidate (accessible through Loyola's [Career Services](#) website under "Career Tools").
- "[CareerOneStop](#)" lets you explore careers and see detailed information about different occupations including job descriptions, employment outlooks, typical salaries, education required, and more.

Choose the degree program and concentration that fits your goals.

- Review the [degree programs](#) available at Arrupe - Business Administration, Liberal Arts & Humanities, and Social & Behavioral Sciences - and select the program and concentration that aligns with your long-term goals.
- Your faculty advisor can help you review your options and make a thoughtful decision.

ENGAGE

Participate in career readiness opportunities; network with professionals; gain hands-on experience

Complete the Career Club workshop series.

- This five-week workshop series covers resumes, LinkedIn, networking, interviewing, and the job search process. The series is offered every semester, and students who complete the entire series earn a certificate and a prize!

Enroll in ACUNI 103: Career Exploration & Readiness.

- This elective course enables students to complete career assessment, exploration, and readiness activities in a structured way, while receiving support and feedback from the instructor.

Access free online career development lessons through FirstGenU.

- FirstGenU is designed to help students take ownership of their careers by building the skills, confidence, and network needed to thrive in the workforce. [Sign up](#) to access online lessons that you can complete on your own time.

Meet 1-on-1 with professionals for career mentorship.

- [LoyolaLinked](#) enables students to connect with alumni and friends of Loyola through a user-friendly platform for low-stress, one-on-one informational interviews.
- [CareerSpring](#) is a platform designed exclusively for first-generation college students to watch career videos and connect directly with professionals who want to support students (use passcode ARRUECOLL to sign up and get started).

Join student orgs and pursue leadership roles.

- Join [student organizations](#) at Arrupe and Loyola that align with your personal or professional interests, and pursue leadership roles to help you build skills and enhance your resume. Email Dean Keys at dkeys2@luc.edu to learn more.

Participate in extracurricular programs to explore interests.

- Arrupe offers extracurricular programs to help you explore interests related to leadership, entrepreneurship, politics, spirituality, and more. Read the Monday Message and Career Corner newsletters to learn more about these programs.

EXECUTE

Prepare job search materials; pursue employment opportunities

Meet with career advisors to prepare job search materials and pursue employment.

- Advisors can assist with every step of the job search process including developing application materials, practicing interview skills, and applying for jobs/internships. You can schedule appointments through [Handshake](#).

Develop a resume.

- A professional resume is critical to successfully apply for jobs/internships. Meet with an advisor to create or revise your resume, and don't forget to upload it to Handshake.

Create a LinkedIn account.

- [LinkedIn](#) allows you to establish an online professional presence and connect with peers and professionals as you develop your network.

Complete a mock interview.

- Practice and receive feedback on your interview skills so that you are ready for the real thing. An advisor can help you articulate your strengths and experiences as well as communicate why you are the best fit for the job.

Attend career events offered through Arrupe and Loyola.

- Arrupe and Loyola offer employer information sessions/tables, career fairs/panels, job shadows, workshops, and more. You can learn about upcoming events through the Career Corner newsletter and [Handshake](#).

Apply for jobs and internships.

- Jobs/internships are excellent ways to cultivate skills and experiences that will help you achieve your career goals. You can find employment opportunities through the Career Corner newsletter and [Handshake](#), including some that are exclusively available to Arrupe students. Reach out to Leah Hegeholz at lbrunk@luc.edu to learn more!