Don’t Cancel Class

Next time you’re away from class, think of the Compass! We would love to share our resources and expertise. We are available to present to any clubs, groups or organizations as well.

Compass, 145 CC
compass@oswego.edu
315.312.2472

www.oswego.edu/compass
General Compass Presentations

**Introduction to the Compass** - an overview of Compass resources and programs including the myPlans - an educational plan and roadmap to help students plan for academic and personal success.

**Academic Success** - this presentation is designed to help students direct their efforts towards restoring their good academic standing. The workshop will assist students to reflect on their past, set goals for next semester, and discuss strategies for academic success.

**Major & Career Exploration**

**Discovering Who I Am** - the Compass offers a variety of assessment tools that help students identify their strengths, skills, values, abilities, and interests. Workshops can be delivered after students complete the assessments to process the results and identify ways to incorporate the information into their academic plan. The assessments available are StrengthsQuest™, Myers-Briggs Type Indicator (MBTI)®, Strong Interest Inventory® (SII), and Focus2.

**Major Exploration & Confirmation** - college is a time for exploring, growing and learning. Deciding on a major can be a difficult decision. This workshop will provide students with ways to explore and confirm majors/minors. Students will learn about strategies, resources and services available to research and explore majors and related career fields.

**Career Exploration** - this workshop addresses the age old question “what can I do with a major in...” Choosing a major is just the beginning, it's now time to research all the possibilities that are available related to careers. Students will gain knowledge and insights into how they can begin to explore where their interests lie within their major and how the Compass can help them throughout the process.

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**Class Presentation Reservation**

- Complete and submit "Presentation Request" available at: www.oswego.edu/compass
- Choose from a list of presentations (OR) Tell us your needs and we will customize!
- Ideally, two weeks notice ensures availability of presentation staff
- We can reserve space and present at the Compass, 145CC or we can come to you!

**Presentation Topics**

- General Compass Presentations: Who We Are
  - Introduction to the Compass
  - Academic Success
- Major & Career Exploration: Your "Best Fit"
  - Discovering Who I Am
  - Major Exploration & Confirmation
  - Career Exploration
- Experiential Learning: Gain & Develop Skills
  - Community Engagement & Service Learning
  - Cooperative Education Program
  - Finding an Internship
- Life After Graduation: Job Search
  - Resume Writing
  - Interviewing Skills
  - Introduction to the Job Search
- Other: We can develop a customized presentation based on your needs and demographics!

www.oswego.edu/compass
Experiential Learning

Community Engagement & Service Learning - this workshop will help students find meaningful ways to get involved in the community and will illustrate how community involvement can help them inside the classroom as well as prepare them for lives of active citizenship. Students will be introduced to GST 302, a one-credit service learning course.

Cooperative Education Program - this workshop will introduce students to the new Cooperative Learning program. There will be a discussion about eligibility and benefits and information on how to participate in the program. This is a great opportunity for students to get exposure to real world experience.

Finding an Internship - this workshop will introduce students to various opportunities offered through Experience-Based Education (Career Awareness/GST 303, Service Learning/GST 302, Internships/GST 498, teaching assistantship, etc.) and assist students in the internship search.

Life After Graduation

Resume Writing - this workshop will cover how to create/perfect a resume. We'll cover everything from what a resume should contain to perfecting statements and directing a resume to the position that you want – including the high-tech tools we use to create resume magic. This workshop can also include individual resume critiques.

Interviewing Skills - this workshop will provide an overview of what students need to know to succeed in an interview! Topics include how to match your skills and experiences to the organization's needs, preparing for the tough questions, making the best first impression and the critical follow-up.

Introduction to the Job Search - this workshop will review the many things students can do to ensure they are successful in the job search process - both a high-tech and a high touch approach, with a focus on networking.
There are many more opportunities available to students to explore and confirm their major and career, gain experience and prepare for life after college. Check out our Calendar of Events, located on the Compass website!

**Compass myPlans**

The Compass myPlans are a series of activities designed to move students through self-discovery, major & career exploration, civic and social involvement, and transitioning out of college. For more information, check out: www.oswego.edu/myplan

**Compass Resource Center Hours:**

Monday– Friday at 10am-4pm

*Walk-ins are always welcome! Students will receive individual attention and guidance in navigating all of the Compass resources!

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**Optimal Resume**

www.oswego.edu/jobsearch