



Career Services and CAPS are collaborating on a series of workshops that will help you to better understand your skills, values, and strengths as you begin the process of career exploration and development. Participating in any of these workshops will provide you with tools to develop [career readiness competencies](#) that will be valuable as you transition from the academic environment to your professional life, including:

- Building personal and professional development strategies and goals
- Managing stress and balancing work/life commitments
- Identifying and expressing your values, skills, and strengths

These workshops cover a wide range of information on self-exploration and career development, including three tools that Career Services and CAPS offer to students:

Myers-Briggs Type Indicator (MBTI): provides a foundation for understanding individual differences and preferences, and applying that understanding to the ways people think, communicate, and interact. This tool identifies your basic "personality type" which can be related to future career choices & working environments.

Strong Interest Inventory: reflects your interests in relation to occupations. Compares your interests to the interests of people happily employed in a wide variety of occupations and identifies job titles related to your interests. Understanding your Strong Profile can help you identify a career focus and begin your career planning and exploration process. This assessment is ideal for undergraduate and Master's students.

CliftonStrengths: identifies your strengths and relates them to your educational and career plans. Helps you gain insight into your areas of greatest potential. CliftonStrengths is not a career assessment and will not tell you what career you pursue, but can provide valuable information about who you are and the type of work environments in which you are most likely to thrive.

Schedule of workshops – Fall 2018

	DATE	LOCATION
Develop Coping Strategies for Internship/Job-Search Stress	Sept. 13 th , 2-4pm	CAPS - 3624 Market Street
Learn to be Resilient in your Career Development	Sept. 24 th , 2-4pm	CAPS - 3624 Market Street
CliftonStrengths for International Students*	September 27 th , 2-4 PM	CAPS - 3624 Market Street
Consider your Personality: Using the MBTI in Career Planning*	October 11 th , 2-4pm	CAPS - 3624 Market Street
Capitalize on your Interests: Using the Strong Interest Inventory in Career Planning*	October 18 th , 2-4pm	CAPS - 3624 Market Street
Market your Strengths in your Job Search using CliftonStrengths*	November 8 th , 2-4pm	McNeil Building, Room 97

*Students will need to register for these programs in order to complete the free assessments prior to the workshop. Click the titles above to register for these workshops on Handshake (click on "join event" from the events page), or visit: www.vpul.upenn.edu/caps/careerfit.