

A graphic of a campus map in orange and blue tones, located on the left side of the slide.

Grow Fulfillment & Well-Being through Career Development

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Career Navigation at UVA

Dream Summit 2023

Who We Are

Liz Menter
Senior Career Coach
& Advisor



Kim Wood
Senior Career Coach
& Advisor



Career Navigation Center

- 1:1 career advising & coaching
- Resume and cover letter support
- Interviewing preparation
- Networking and mentorship development
- Upskilling and education strategies
- Career planning



Agenda

Career development and your well-being

Elements of career development

Making your career action plan

Next steps

Well-Being

Our definition

An optimal and dynamic state
that allows people to achieve
their full potential





NIRSA: Leaders in Collegiate Recreation, NASPA - Student Affairs Administrators in Higher Education & ACHA - American College Health Association (November 2020). Inter-association definition of well-being. Retrieved from www.nirsa.org/hands-in

Your work-life
is your life.



Career Development: The How

- 
- Self-assessment
 - Exploration
 - Setting goals
 - Skill development
 - Networking and mentorship



**Do not wait for
someone else to
manage your career.
Take control and
actively navigate your
own path.**

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**Be intentional and deliberate
as you move through your career.**

An individualized career development plan should be deliberate and purposeful.

Self Assessment

Exploration

**Goal Setting/
Planning**

**Completing
each milestone**
⤴
**Experience
Skill Development
Networking**

Success!!



Self-Assessment

Assess and re-assess



Assessing skills, strengths, weaknesses, and interests



Identifying personal values and goals



Understanding personality traits and preferences



Defining how you see success



Recognize what you like and dislike about your current position



What are the top 1 or 2 factors that make you feel successful in your career?

MONEY

learning

making a difference

financial security

status

sense of fulfillment

leave a legacy

sense of community

collaboration with others

recognition

Exploration

Looking for a change?

- Exploring various career options
- Gathering info on required qualifications and skills
- Job shadowing
- Informational interviewing



Setting Career Goals

Set (and reset) your goals

- Defining short-term and long-term career goals
- SMART goal-setting approach
 - Specific, Measurable, Achievable, Relevant, Time-bound
- Aligning career goals with personal values and aspirations
 - Ask yourself why this goal?



Skill Development

Constantly build your skillset



Identifying
skills gaps
and areas for
improvement



Pursuing
professional
development
opportunities



Enhancing
transferable
skills



Adding
technical
skills



Committing to
lifelong
learning and
professional
growth



Networking and Mentorship

You are not alone in here!

- Building professional networks
- Seeking mentors and role models
- Leveraging connections for career opportunities and guidance



PIVOT!!

- Be prepared to change course due to unexpected changes and challenges
- It's ok to change your plan
- Reevaluating your interests and values often can help you make these choices



Creating a Career Action Plan

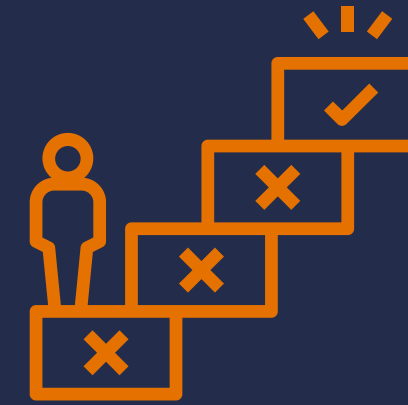
Get to work



Developing a
step-by-step plan
to achieve career
goals



Outlining specific
action items and
timelines



Considering
potential obstacles
and alternative
paths



It's all about balance.

- You don't have to do it all at once.
- Having a plan makes it easier to adjust.
- Set and stick with your boundaries.
- Notice and recognize the small wins.
- Ask for help!
 - Connect with your communities.
 - Seek advisors and mentors.
 - Prioritize your mental, emotional, and physical health.

Contact Us

The QR code will take you directly to our website to access our library of asynchronous resources, LinkedIn Learning pathways, as well as schedule an appointment with a Career Advisor.



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THANK YOU!!!