

The Boerigter Center offers a variety of in-class calling and career sessions that can be additionally supported through accompanying assignments.

PRESENTATIONS IDEAL FOR 100-200 LEVEL COURSES *(Outcomes related to Identity Discernment)*

Articulating Strengths (50 minutes)

- ❖ Using StrengthsQuest as a tool to help students articulate their skills and abilities that are unique to them can help them in all phases of their vocational discernment. An hour long presentation facilitated by a BCCC staff member can prepare students to better understand themselves prior to things like resume building, networking, internship searches, and interviews. ****Accompanying assignment option on pg. 2***

Understanding Yourself Through the Assessments (30-50 minutes)

- ❖ While assessments never tell a student 'who they are' they can be an engaging way to prompt the questions 'Is this who I am?' The BCCC offers assessments that provide information on strengths, interests, and personality and offer a session that helps students uncover helpful take-aways that assists them in determining what these results can mean for self-awareness, as well as major and career discernment.

PRESENTATIONS IDEAL FOR 200 LEVEL COURSES *(Outcomes related to Major and Career Discernment)*

Mentoring (50 minutes)

- ❖ In an effort to create on-going systems of support, reflection, and community for students, the BCCC offers a session to help students begin to understand the importance of mentorship along with hands-on resources to begin building their mentor map and network. ****Accompanying assignment option on pg. 2***

Networking 101 (30 minutes)

- ❖ New technology, programs, and opportunities continue to be helpful to students as they work to build their network. BCCC staff can offer information not only about the ways in which students can connect, but also around the how-to best practices. We work to help make this process easy, beneficial, and rewarding for all involved. ****Accompanying assignment option on pg. 2***

PRESENTATIONS IDEAL FOR 300 LEVEL COURSES *(Outcomes Related to Career Preparation)*

Internship Information and Preparation (30 minutes)

- ❖ Understanding the important role that internships can play within a student's vocational discernment and career readiness process is critical. BCCC can assist students seeking internships by educating them on helpful resources, providing a step-by-step timeline for successful searches, and in answering questions about the process and importance of this experiential learning process. ****Accompanying assignment option on pg. 2***

Leadership at Hope College and Beyond (50 minutes)

- ❖ Within the mission of Hope College, we promise to prepare students for lives of leadership. This session delivers a brief information about popular leadership theories while helping students identify where they can thrive within their own leadership development.

PRESENTATIONS IDEAL FOR 400 LEVEL COURSES *(Outcomes related to Career Pursuit)*

Job trends and search strategies (50 minutes)

- ❖ Helping students understand job trends within any field can assist them in their preparation for post-college life. BCCC staff are able to provide information about local, national, and global trends, markets, and future projections that can help inform and prepare students for life after Hope. ****Accompanying assignment option on pg. 2***

ASSIGNMENT DESCRIPTIONS

- ❖ **Articulating Strengths Assignment Option:** Students gain additional insight into their strengths in action by reflecting with those who know them best by completing the 'Getting Feedback on Strengths' worksheet (Worksheet and additional instructions linked here.)
- ❖ **Mentoring Assignment Option:** Students operationalize what they heard by completing their Mentor Map.
- ❖ **Networking Assignment Option:** Students will be asked to complete an Informational Interview. The purpose of these interviews is to provide students with the opportunity to learn about certain academic majors and careers as a way of considering one's potential and fit in those areas. This two-part assignment encourages students to both network and reflect on what they've learned.
- ❖ **Internship Information and Preparation Assignment Option:** Students will use the Resume 'How-To' guide located on the BCCC website to develop a working resume. Students will then be asked to use Handshake to find and apply* for an internship opportunity using Handshake. (*Students can choose to make their application visible to employers or hidden in the case that they do not actually want to apply for an opportunity.) Within their resume, students may consider using strengths-based language to talk about their abilities. They can also use information from the presentation to decipher which of the many opportunities would be a good fit.
- ❖ **Job Trends and Search Strategies Assignment Option:** Students will be asked to participate in a mock-interview either in a one-on-one format or in a group format. Students will use Handshake to find an opportunity that they would like to 'interview' for and staff in the BCCC will develop questions based on that opportunity. Students will have the opportunity to hear constructive feedback from BCCC experts on their interview performance. Students will write a reflection about what they did well and what they hope to improve on and how they will take those steps to improve in terms of interviewing skills.

ADDITIONAL BCCC TOOLS AND CAMPUS RESOURCES

- ❖ **Assessments:** Clifton StrengthsQuest for Students, PathwayU for interests, personality, and academic major
- ❖ **Available How-To-Guides:** Resume, Cover letter, Mock-Interview, Etiquette and dress, LinkedIn and electronic presence, Mentoring, Networking, Handshake
- ❖ **Volunteer Coordination:** For faculty teaching courses with a service focus where a volunteer opportunity could be beneficial for your students, Katie DeKoster in Student Development/Student Life can assist you by offering guidance and facilitation of such experiences. Contact her at dekoster@hope.edu for more information.

For scheduling a session or with questions, contact Shannon Schans, Assistant Director of Applied Learning, at schans@hope.edu or 616.395.7950