



Assess Your Employability Experiences

The goal of this quiz is to help you assess your skills and experiences to date while exploring opportunities to further enhance your skill set. We want to help you easily identify ways to make the most of your time at Carleton, and this quiz is designed to help you do just that!

Questions:

- ☐ I have participated in co-curricular/extra-curricular activities (e.g., clubs/societies, sports, mentorship programs, service learning, etc.).
- ☐ I have volunteer experience (e.g., 40 hours of community service, volunteering in a classroom, Campus to Community, etc.).
- ☐ I have paid work experience (e.g., summer job, Co-op work term, part-time job, ACT to Employment placement).
- ☐ I have completed an internship, Co-op or placement connected to my studies.
- ☐ I have completed degree-related/academic work in my university courses (e.g., major project, assignment, lab work, fieldwork, simulation, etc.).
- ☐ I have received career development services, such as a resume review, interview preparation, or a career coaching/consulting/counselling appointment.
- ☐ I have had leadership opportunities.
- ☐ I have attended one or more Career Services workshops, or in-class presentations.
- ☐ I have participated in employer connection opportunities, such as career fairs, networking events, employer recruitment sessions, and/or employer information sessions.

/9

Congratulations! You have taken an important step in preparing for your future by assessing your experiences. Connect with Career Services for a review of your assessment, customized support and action planning at career@carleton.ca.

