

## PSYC 3802 B : TRANSITION TO CAREER

Instructor	Janet Mantler
Term	Winter 2025
Course Delivery	In-Person
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### COURSE DESCRIPTION/INSTRUCTORS STATEMENT

Does the question “What are you doing to do after graduation” make you cringe? Confused by all of the choices and wondering how to make decisions on what to do after you get your degree? Wondering what jobs are available to people with your major and how to find them?

Leaving university and entering the workforce after graduation can be an exciting, but also frightening, journey. In this course we will explore personal and professional transitions including assessing your overall experience as a Carleton undergraduate student, understanding your personal values and how they relate to potential careers, and introducing you to some of the complex and dynamic aspects of the current work world including uncertainty and career changes. There will be some Psychology-based theory and research, but this course is applicable to students from all majors.

This course will be delivered in-person with supplemental material on Brightspace.

### EVALUATION

There is no exam in this course but there will be multiple assignments. Please note that these written assignments involve a great deal of self-reflection and are not typical research-based papers. These assignments will be short in length but are expected to be packed full of content.

1. A multi-component personal exploration cuPortfolio assignment, involving in-depth self-reflection, which will demonstrate your ability to write concisely and will improve your professional self-presentation skills
2. Informational interviews with a reflection paper to learn about expectations for different professions and to develop your networking and self-presentation skills.

3. A 5-year plan that involves three potential plans and includes a creative component for each plan.

4. Active course engagement that counts for 10% of the final grade.

## **TEXT**

Readings related to the topic of the week. The articles will be available through the Carleton library or the course Brightspace page.