**J-TERM 2022 COURSE OFFERINGS**

**THE CENTER FOR CAREER & EXPERIENTIAL EDUCATION (REGISTER NOW ON E-CAMPUS)**

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**ITR 300: SEC 0001**
**CAREER PATHWAYS IN HDF**

January 3 - 14, 2022  
Asynchronous Online  
3 credits

Focused on Human Development & Family Science majors to help identify career paths/exploring careers, strengths, interests, and other tools such as resume writing, interviewing, searching for internships, and balancing career and self-care.

**Instructor: Ashley Foley**

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**ITR 300: SEC 0002**
**CAREER STRATEGY & COACHING**

January 3 - 14, 2022  
Asynchronous Online  
3 credits

Develop effective career strategies, receive virtual one-on-one career coaching, discover what you can do with your major through career and self-exploration, and identify potential jobs. Career topics: resume, cover letter, LinkedIn, job search strategy, networking, workplace culture, self-care, and interviewing. Students will participate in a mock interview.

**Instructor: Lisa Kuosmanen**

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**ITR 300: SEC 0003**
**PHARM SCIENCE RHODE TRIP**

January 6 - 14, 2022  
In-Person | M-F | 9am - 3pm  
3 credits

Students will identify personal strengths, interests, skills and values as they relate to career exploration and decision making. As a class you will visit a variety of work environments and engage with professionals working in a variety of pharmaceutical related fields.

**Instructor: Erin Edmonds**

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**ITR 300: SEC 0004**
**CAREERS IN HEALTH SCIENCES**

January 3 - 14, 2022  
Synchronous Online  
3 credits

Students will virtually meet with 6 health and health care organizations known for hiring URI interns and full-time employees. Students will explore their interests and values, and reflect on the skills and tools needed to succeed in this field.

**Instructor: Kristin Fratoni Souza**

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**ITR 300: SEC 0005**
**BALANCING CAREER & WELLBEING**

January 5-21, 2022  
Synchronous Online  
M, W, F | 10am - 11:30am  
1 credit

Explore personal strengths, interests, skills and values related to career exploration and decision making. Strengthen your ability to navigate choices and changes throughout your personal and professional journey by exploring and developing personal skills of insight, mindfulness (Koru curriculum), emotional intelligence, and positive neuroplasticity.

**Instructor: Sarah Miller**

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**ITR 300: SEC 0006**
**CAREER RHODE TRIP FOR ECONOMICS**

January 3 - 14, 2022  
Asynchronous Online  
3 credits

Learn virtually from employers hiring Economics majors. who will share strategies on entering the field, discuss internship and job opportunities, and virtually introduce you to their organizations.

**Instructor: Jenna Visinho**

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**ITR 300: SEC 0007**
**PERSONAL BRANDING & NETWORKING**

January 3 - 21, 2022  
Asynchronous Online  
3 credits

Explore major-to-career options and develop your professional brand. Create your professional toolbox: resume, cover letter, LinkedIn, networking plan. This section uses the CliftonStrengths assessment to identify personal skills and talents. Includes individual career coaching.

**Instructor: Brandon Sousa**

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**CSV 302: SEC 0001**
**ACTION & ADVOCACY IN RI**

January 3 - 11, 2022  
In-Person | M - F | 8:30am - 4:30pm  
3 credits

Community and career exploration course, includes direct service and advocacy work with a variety of local RI nonprofit and community serving organizations, personal and career reflection, and career exploration. Service days include an introduction to community and career contexts and personal leadership reflection. No past service experience is required.

**Instructors: Amy Albert & Kelly Shea**

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