



# UNB Co-Curricular Program: Career Development: Theme Activities

## Core Activities (all must be completed)

- Have your resume reviewed
- Attend a career or grad school fair
- Work or volunteer experience
- Attend a career workshop
- Career Development Reflection\*

## Complementary Activities (complete at least 3 of the following)

- Create a career development plan
- Complete a mock interview and write a reflection about it
- Develop a professional relationship with someone in your field so they can act as a mentor and reference
- Complete the UNB Libraries' Research Toolkit
- Obtain a professional photo of yourself
- Attend a networking event
- Create a professional social media account (e.g. LinkedIn)
- Other- an approved activity of your choice

\* The reflection consists of three questions (max.150 words per answer) that are designed to help you discover and articulate the learning you experienced throughout the theme.

Like us on Facebook: <https://www.facebook.com/UNBCoCurricularProgram/>

Visit our web page: <http://www.unb.ca/initiatives/ccp/>

**Have you completed any of the above activities? Then join the UNB Co-Curricular Program today in D2L/Brightspace and count them toward the program!**