



Young Adult & Career Development Track

Step it Up!: Join us as we take those necessary steps to take your career to the next level. Do you need to update your resume or refresh those networking skills? No worries the career development track is for you. From the ages of 20-26, or those more mature finding and maintaining your life plans can be a challenge. Pass the test of mock interviews, virtual networking events, and unique power hours to gain the confidence you need to take your dream career to the next level. Welcome to a new journey!

Career Development 101
Developing Independence
Mastering the Interview
Mental Health in the Workplace
Financial Literacy 102



Career Development 101

Workshop Description:

If you are wondering about a career or looking to change up your current career and need some guidance, look no further. Sometimes it is difficult to know where to start but our Career Development 101 workshop will help you assess your current needs and interests in a particular career, learn skills to successfully prepare yourself to transition into a new career, and identify resources that will help guide you to various career opportunities.



Workshop Objectives:

1. Review current place in career to better assess next steps i.e career change.
2. Learn necessary skills to better prepare for next steps of career development such as job search or interview process.
3. Identify key community resources available for help with resume building, mentorship and guidance and apprenticeships.



Developing Independence

Workshop Description:

When becoming independent there are many factors you should take into account such as, the ability to take care of your whole self, utilizing community resources, how to navigate the world, and being able to advocate for the things you want out of life. During our Developing Independence workshop you will learn how to increase your self-awareness and manage healthy living, how to engage in self-advocacy for all areas of your life, and learn strategies to set boundaries and maintain healthy relationships while navigating your independence.



Workshop Objectives:

1. **Develop skills to increase self-awareness to better manage health living in all areas of life.**
2. **Learn to understand and promote self-advocacy in all areas of life**
3. **Explain strategies to set boundaries and managing health relationships**



Mastering the Interview

Workshop Description:

If you have found the job that you want to apply for then it is critical that you prepare yourself for a successful interview. The interview is your first person-to-person impression and where the interviewer learns a lot about you personally and professionally to identify if you are a good match for the position you are applying for. Join us for Mastering the Interview to learn proper strategies to navigate the interview process, gain a better understanding of the importance of interview preparation and follow-up, and learn how to master your answers to the interview questions.



Workshop Objectives:

1. Learn proper strategies to navigate employment interview process.
2. Understand the importance of preparation and follow up.
3. Learn how to prepare and deliver strategic/appropriate follow up questions.



Mental Health in the Workplace

Workshop Description:

It is important to maintain a healthy balance between work, home, school, and personal life in order to improve work performance and personal relationships. While work can be stressful, it is important to advocate and maintain your mental wellness within the workplace. In this Mental Health in the Workplace workshop you will learn appropriate coping tools to practice self-care and maintain work-life balance, how to locate resources within your workplace and in the community to promote positive mental health, and how to appropriately advocate for yourself within the work culture.



Workshop Objectives:

1. Demonstrate appropriate coping strategies to practice self-care and maintain work life balance.
2. Locate resources in and outside of workplace to support positive mental health.
3. Understand office culture and its support in mental health resources.



Financial Literacy 102

Workshop Description:

Let's talk about long term financial goals! Financial forms such as IRS W4/W9/W2 documents and doing your taxes can be confusing but learning how to understand these financial documents can set you up for financial success and what it means to actively engage in your financial civic duties. In our Financial Literacy 102 workshop, we will increase our financial literacy and explore its role in long-term financial health, learn how to prepare important and mandatory financial documents, and learn strategies to fulfill financial duties.



Workshop Objectives:

1. Gain greater understanding of financial literacy and its role in long term financial obligations.
2. Apply strategies learned in preparing important and mandatory documents vital to financial future.
3. Learn key strategies to fulfill financial duties.

