

Why Meet with a Career Coach?

Using the 5 Step Career Development Model, your career coach will help you acquire knowledge and skills that will enable you to leverage your education and experiences to move forward in your current or future career plans. Your career coach will tailor counseling and coaching to address your specific needs, thereby helping you identify and eliminate barriers to your professional success.

What to Expect when Meeting with a Career Coach

Your career coach will meet with you for a 30-minute or 60-minute appointment (depending on the appointment topic), or during Drop-in Hours for 15 minutes to address the career-related issues you are encountering, depending on where you are in the career development process.

Appointments may focus on a variety of topics from reviewing CEC services and resources, to career exploration, or specific single topics such as a resume review or preparation for a job interview. When scheduling appointments you will be asked to specify as much as possible your reason for meeting with a career coach.

How Often to Meet

If you only have a few questions related to your job search or need assistance with developing a professional resume you might only need to meet with a career coach once or twice. However, if you are just beginning to develop your career plans and are feeling confused about exploring future career opportunities or making a career change, you may find that it is helpful to meet a few times to accomplish your career goals.

Please note, current students are able to schedule appointments as needed. Alumna/us are offered four (4) appointments free of charge in a calendar year.