

# Career Solutions - Workshop Details

## Career Planning Workshops

- **Options After High School:** (80 min.) The main objective is to explain over two dozen options in four different categories: job options, training options, military options, and alternative options. Then students can pick two from each category to research further, and in turn create a realistic “Plan A, B and C” where each plan has three different elements. (Any size/age group)
- **Making Smart Career Choices:** (30 or 60 min.) By describing the career planning process, the goal is to get people to consider careers they may not know of yet, the importance of choosing jobs based on style and values, and how to find the best career options. (Any size/age group)
- **Writing In-Depth Career Research Reports:** (60 min.) This computer lab workshop brings participants through a hands-on career research process that results in 20-30 page In-Depth Career Reports on 3 different occupations. (Small groups – HS JR or older)
- **Creating Effective Digital Career Portfolios:** (60 min.) In detailing the portfolio writing process, the goal is to give people ideas on what to put in a portfolio, why digitizing evidence is critical, which evidence is most effective, and how to structure portfolios for presentation. (Any size/age group)

## Employment Foundations Workshops

- **Employment 201:** (60 min.) This overview of the employment process details the four elements of a résumé package, what to do before, during, and after the interview, and how to overcome the 3 most common barriers to employment. (Any size group – HS JR or older)
- **Résumés 301:** (45 min.) Participants critique and grade their current résumés by evaluating format, content, and grammar so they can produce polished final drafts. (Any size group – HS JR or older)
- **Mastering the Interview:** (60 min.) Interviews usually boil down to 5-6 key questions that are almost impossible to answer well without prior planning. Through role playing, we cover what those questions are, why they're asked, and how to answer them properly. (Any size group – HS JR or older)

## College Planning Workshops

- **How to Choose a College Wisely:** (60 min.) After learning the 4 questions one should answer before shopping schools, we discuss the 7 things to look for in a college, why tuition should never be one of them, and how to narrow down college options without being misled. (Any size/age group)
- **The REAL Secret to Financial Aid & Scholarships:** (45 min.) Discover the REAL secret to earning grants, scholarships, tax credits, and a range of alternative funding sources, along with where to find them, why the internet is often a waste of time, and how to write a winning essay. (Any size group – HS JR or older)
- **How to Write a Really Bad Scholarship Essay:** (30 min.) This workshop uses actual samples of really bad essays, then shows how to fix them so the writer answers the questions be asked, uses proper grammar, and most importantly, emotionally involves the scholarship committee judges. (Any size/age group)

## Goal Setting & Time Management Workshops

- **The Race:** (60 min.) Participants can drive the fastest production car made in America after going to the finest racing school in the world, but first, they have to learn how to assemble a race team, manage their time, get sponsors, and set goals if they plan to win this race! (Any size/age group)
- **What is the Goal?:** (30 min.) This true story about a Mt. Hood climbing tragedy asks participants to reexamine what the goal really is, how success can still mean failure, why time is our most valuable asset, and where the key to reaching most any goal can be found - in never giving up. (Any size/age group)

For more information call **(360) 608-7905** or go to [www.GetCareerSolutions.com](http://www.GetCareerSolutions.com)