<table>
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<th>MILESTONE</th>
<th>PURPOSE</th>
<th>METHOD OF FULFILLMENT</th>
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| Career Community | Career development and job applications can feel like solitary endeavors, but your community plays a critical role in educating you about and supporting you through these processes. The Career Community Milestone is an opportunity for you to build your community by sharing your experiences within APEX and connecting with other students who are facing the same questions and challenges that you are. | • Attend at least one Career Community event in the Career Center OR  
• Post a minimum of two times in the Career Community Forum on Moodle                                                                                                                                                                                                                                |
| Self-Assessment  | Sophomore year is an ideal time to reflect on your skills, values, interests, personality, and family and cultural influences as you consider a career that might be a good fit for you. Doing some structured self-assessment now can result in better career decision-making later.                                             | • Attend a two-part Self-Exploration for Career Planning workshop OR  
• Complete the Self-Assessment for Career Planning workbook and meet with a career advisor to reflect on your work                                                                                                                                                                                                                          |
| Career Exploration | Doctor, lawyer, banker, teacher. These are not your only options! There are endless career paths in a huge range of fields, and the best way to discover them is to hear from people on the front lines. | • Attend a Food for Thought meal at the Career Center OR  
• Attend an alumni panel hosted by the Career Center OR  
• Participate on a Career Trek                                                                                                                                                                                                                                                                  |
| Networking       | Networking, online and in person, is one of the most critical skills you can build to make professional connections and open up opportunities for great summer experiences and post-graduate opportunities.                                                                 | • Attend one of the Career Center’s networking themed workshops OR  
• Submit your LinkedIn profile to the Career Center for review                                                                                                                                                                                                                                                                                                  |
| Mentoring        | Research shows that having a mentor can make a difference in building confidence, meeting goals, and uncovering new information and opportunities.                                                                                                                  | • Get a Pathways mentor OR  
• Conduct two informational interviews OR  
• Participate in a job shadow through Pathways                                                                                                                                                                                                                                                                                              |
| Cultural Competency | We are all different. In order to integrate into a workplace and collaborate with coworkers to get things done respectfully and efficiently, it is important to understand how culture (our beliefs, values, and traditions, etc.) influences what we do and how we and others behave. | • Attend a workshop on cross-cultural competency OR  
• Complete a cultural competency assessment and discuss with a mentor                                                                                                                                                                                                                                                                                               |