

CORE CURRICULUM



ASSESSING YOUR TRANSFERABLE SKILLS

This Core Curriculum workshop will help you identify and assess your transferable skills to enhance your marketability in pursuing career opportunities.

Search keyword: **transferableskills**

CAREER PLANNING

In this Core Curriculum workshop, you will learn career planning strategies and discover career opportunities at UC San Diego.

Search keyword: **careerplanning**

GOAL SETTING

This Core Curriculum workshop is for those who want to learn and identify the fundamentals of goal setting.

Search keyword: **goalsetting**

PERSONALIZING YOUR CAREER PATH

This Core Curriculum workshop provides you with a better understanding of yourself and gives you the opportunity to learn more about your temperament or personality type, which may influence job and career choices.

Search keyword: **careerpath**

RESUME AND APPLICATION PROCESS TIPS

This Core Curriculum workshop is intended for those who are interested in pursuing promotional opportunities.

Search keyword: **resumetips**

TOOLS FOR SUCCESS

In this Core Curriculum workshop, you will learn about the benefits and services provided through the Career Connection program.

Search keyword: **tools4success**

REGISTRATION INSTRUCTIONS

- Visit uclearning.ucsd.edu
- Click the FIND A COURSE button, type in title or keyword
- Click SELECT > REGISTER to see the available date(s)
- Select the tile for the desired date and click NEXT
- Click SUBMIT to finalize your registration

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Last Updated: 8/25/2017

OTHER WORKSHOPS



CAREER INFORMATION PANEL

A group of subject matter experts will enlighten UC San Diego staff and provide valuable advice from professionals in the topic career area. Examples of discussion topics include job searching, successful interviewing and networking skills.

Search keyword: **careerpanel**

EFFECTIVE MENTORING WORKSHOP & NETWORKING MIXER

This workshop emphasis is on the Mentor/Mentee relationship and focuses especially on how to promote growth of a responsible mentoring program. Followed by a half-hour networking mixer.

Search keyword: **effectivementoring**

JOB INTERVIEWING SKILLS

This workshop will help you enhance your interview skills when applying for advancement opportunities at UC San Diego.

Search keyword: **interviewskills**

MARKETING YOURSELF IN A MULTIGENERATIONAL WORKPLACE AND COMMUNITY

The workplace has always consisted of many generations working together, but today's diverse workforce has a new twist: the older generation is working past retirement age. This interactive workshop provides you with the necessary tools to update and enhance your resume, develop essential interviewing skills, and ultimately market yourself successfully in this growing, diverse, and multigenerational workplace.

Search keyword: **marketingmultigenerational**

NEGOTATING YOUR ENVIRONMENT

This workshop is for those who are interested in acquiring effective communication skills in today's diverse workforce.

Search keyword: **negotiateenvironment**

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OTHER WORKSHOPS



NETWORKING TIPS

In this workshop, you will learn the art of networking to expand career opportunities in today's fast-paced and changing world.

Search keyword: **networkingtips**

NOT-SO-NEW EMPLOYEE ORIENTATION

This workshop shares valuable information with long-term staff who are interested in a refresher course about campus programs and services which will help them get the most out of being a part of the UC San Diego community.

Search keyword: **notsonew**

OVERCOMING OBSTACLES - RISK TAKING

This workshop will help you gain confidence by identifying the meaning of risk taking and examining the practical aspects of risk assessment.

Search keyword: **risktaking**

SELF IMAGE

This workshop will help you see the connection between self-image, self-love, and ultimate professional and personal success. Discover how your present self-image was created. Learn why it may be important to change your self-image to tap into one of the greatest hidden forces designed to give you success.

Search keyword: **selfimage**

YOUR ATTITUDE CAN MAKE A DIFFERENCE

In this workshop, you will learn to understand the effects of your attitude and ways to enhance it.

Search keyword: **attitudedifference**

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MID-CAREER SERIES



ATTITUDE READJUSTMENT

This workshop from the Mid-Career Series will assist you in exploring ways to improve your attitude. You will recognize your attitude, see the effects of it, and fix any aspects of it that you want to improve.

Search keyword: **attitudereadjust**

MID-CAREER PLANNING

You will learn the importance of mid-career planning strategies and discovering career opportunities. You will receive a Career Development Plan (CDP) that will assist you with setting short-term and long-term goals for your career.

Search keyword: **midcareerplanning**

REVVING UP YOUR CREDENTIALS PACKAGE

This workshop is designed for those interested in having an influential cover letter, resume and reference list for today's competitive market.

Search keyword: **revvingcredentials**

SETTING MID-CAREER GOALS

This workshop is for those who are interested in acquiring the fundamentals of goal setting for mid-career change.

Search keyword: **midcareergoals**

TRANSFERABLE SKILLS TUNE UP

This workshop from the Mid-Career Series incorporates a series of advanced card sort assessments to assist you in identifying skills and career objectives that may be used to enhance your current position or desired position.

Search keyword: **transferable tuneup**

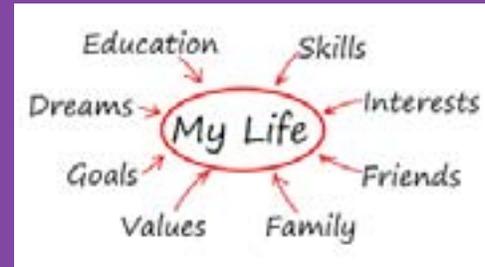
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ENCORE LIFESTYLE SERIES



ASSESSING SKILLS AND INTERESTS FOR THE FUTURE

This workshop from the Encore Lifestyle series (people retiring in 5-10 years) is for those who want to assess which of their skills and interests may enhance their transition to a retirement lifestyle. Along with learning about transitioning to a retirement lifestyle, you will identify your skills and interests through a series of card sort assessments.

Search keyword: **assessingfuture**

JOURNEY OF DISCOVERY: LIFESTYLE PLANNING FOR RETIREMENT

This workshop from the Encore Lifestyle series (people retiring in 5-10 years) is for those who are interested in finding out what *Phase 3/ Phase Gold* means in their future. You will discover possibilities, envision and embrace a different lifestyle, and explore options while carefully developing a well thought-out plan for personal fulfillment.

Search keyword: **journeydiscovery**

PLANNING TO SUCCEED

This workshop from the Encore Lifestyle series (people retiring in 5-10 years) is for those who are interested in clarifying their desired outcomes in life and reassessing their action plans. You will assess your current situation, identify challenges and opportunities, create strategies to move you forward, and learn how to take action and track your progress.

Search keyword: **planning2succeed**

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NEW CAREER DIRECTIONS SERIES



This series is intended for those who have just completed educational studies or earned a degree in a new field; those who have acquired new skills that apply to or transition them to a new career path; and those who are seeking a new job classification.

BECOMING A UC SAN DIEGO CHAMPION

This workshop from the New Career Directions Series will address the many facets of becoming a champion for the UC San Diego campus. You will learn what it means to be a UC San Diego champion and how you can use your leadership skills in your new career direction to demonstrate business acumen and etiquette to create both a positive attitude and self-image.

Search keyword: **ucsdchampion**

GETTING IN GEAR - PERSONAL CHANGE MANAGEMENT

In this workshop from the New Career Directions Series, you will envision and put into place a new career transition by developing a well thought-out plan for marketing a new career direction. You will learn how to update your resume to reflect a new career direction, how you can utilize information interviewing to further develop your network and learn about opportunities, and how you can practice the art of networking to expand career opportunities.

Search keyword: **getingear**

REIMAGINING YOUR CAREER OPTIONS

In this workshop from the New Career Directions Series, you will learn the importance of continuously reassessing and reevaluate your career plan to adjust to organizational and personal change, and strategies for shaping your unfolding career.

Search keyword: **reimagine**

CHANGING UP YOUR CAREER (PANEL)

This panel presentation from the New Career Directions Series will give you insight to the different ways that you can develop your new career direction at UC San Diego. You will learn about different organizational layers and where learning and promotional opportunities may exist. You will also discover that there are many options to transition your career and achieve upward mobility, including lateral mobility and cross training.

Search keyword: **changeupcareer**

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