



HOW TO GET THE MOST FROM YOUR CAREER COACHING SESSION

Career coaching is a great opportunity for you to get targeted, one-on-one advice about your career from an expert in career services. It's YOUR time to talk about any career-related issues that you are concerned about, no matter how big or small. **The Sullivan Center for Career and Life Planning (SCLP)** offers career coaching by phone or Zoom— your preference – so you can even do it from the comfort of your own home.

We know that some students feel a little intimidated by the idea of career coaching at first, so we've pulled together this brief tip sheet to help you understand what career coaching is – and is not – and how to maximize your experience. We're here to help you achieve your career goals, so don't hesitate to contact us! (In fact, it's best for you to get started early and often, instead of waiting until you are about to graduate.)

Helpful Tips:

1. Prepare some questions.

It doesn't matter if your questions are big or small, it just matters that you have them. Before your first session, take some time to jot a few down. Just note that you might not get all your answers in one session, especially if one is something like, "What is my calling in life?"—but it's a place to begin the conversation.

2. Take notes on what you discuss.

Your career coach will give you suggestions, share resources and best practices, and may even give you homework to accomplish before your next session. You should be taking notes to track your own thoughts and ideas throughout the process.

3. Have appropriate expectations.

Expect lots of self-reflection. You'll be leaving your appointment with a better sense of what your interests, skills, and values are, as well as some concrete action steps for you to take. But sometimes you need more. Career coaching is not always a one-and-done thing. While you can expect to get some tangible takeaways like a new resume, cover letter tips, a networking plan, or some much needed structure in a very unstructured process, you may need to follow up with subsequent appointments. It's also important to understand the career coaches won't find a job for you, but will help you have [PA1] the skills and resources you need [PA2]to achieve your goals.

4. Remember your career coach only wants what's best for you.

Coaching advice is intended to be practical and objective. Your coach won't judge you, no matter how embarrassing it may feel to divulge your aspirations. Any information you share will only help get your career moving in the direction you want.

5. Listen to your career coach's advice.

Be prepared to take action on your coach's recommendations; being proactive is an important part of career success. You can always follow up for additional support and advice any time you need further guidance.

Scan the SCLP's QR code below to get all of our contact information, including scheduling links!

