

Bridging Exercise Assignment

Course Objective:

- *Be able to identify and articulate interests, skills, and educational experience to career services staff and employers and how these relate to career and co-op choices*

The Bridging Exercise is designed to allow students to:

- Identify and assess individual interests, experiences, strengths, weaknesses and skills
- Reflect on academic, work, volunteer and personal experiences to prepare stories that can be shared during networking events and interviews that demonstrate students' knowledge and skills
- Recognize and match individual attributes and skills to targeted employers and job descriptions in preparation for networking events (i.e. Career Fairs) and job interviews

Relevant reading: Appendix D (page 215)

Bridging Exercise Steps:

- Complete each section of the Bridging Exercise beginning with Exercise Part I and then Exercise Part II – *a Word version of this activity is available on Blackboard.*
 - Before completing the Bridging Exercise Part II of this assignment, find a job that you plan to apply to or one that you have scheduled an interview for. Complete Part II with this specific job in mind as a way to prepare for an interview.
- Submit a word processed version of this assignment on Blackboard to receive course credit **and include the text for the job description you used at the end of the document.**
- Bring the Bridging Exercise with you to a scheduled appointment with your co-op advisor. This could help both you and your advisor in planning and preparing for your co-op job search and/or scheduled interview.