Students must complete 7 requirements for the Coog Careers Curriculum.

**EXPLORE**

*Complete ONE of the tasks below:*

1. Upload and have an approved resume in Cougar Pathway
2. Attend a Career Counseling appointment

(These activities are checked once a semester and reported to the Center for Student Involvement)

**ENGAGE**

*Attend TWO of the Workshops below:*

1. Resume Workshop
2. Career Fair Prep Workshop
3. Financial Literacy Workshop
4. Job Search / International Job Search for International Student Workshop

**EMPLOY**

*Attend ONE Career Fair Event below:*

1. Energy Career Fair
2. CLASS (All Majors) Career Fair
3. Health and HDFS Career Fair

**EMPOWER**

*Attend TWO of the Workshops below:*

1. Interview / Interviewing for International Students Workshop
2. Dining Etiquette Workshop
3. Navigating LinkedIn Workshop
4. Salary Negotiation Workshop
5. Networking for Newbies Workshop

**REFLECT**

*Write a Cover Letter or Personal Statement reflecting on your experiences:*

Discuss how attending UCS events or completing the tasks helped you develop problem solving, creativity or communication skills. Upon completing the cover letter or personal statement, please submit for the THINKING AND COMMUNICATION Scarlet Seals of Excellence. For more information: [http://www.uh.edu/scarletseals/](http://www.uh.edu/scarletseals/)

All event dates and times can be found by logging into Cougar Pathway or through the University Career Services GET INVOLVED page:

**UNIVERSITY of HOUSTON | CAREER SERVICES**

[www.uh.edu/ucs](http://www.uh.edu/ucs) | ucs@uh.edu | 713-743-5100 | Student Service Center 1, Room 106