Meaningful Connections:

capitalizing on mutually beneficial relationships that expand perspective, build interpersonal communication skills, and create access to opportunities

Reflection/Assessment:

Choose one of the following options:

1. Complete LA&S 470 Job Search Skills for Liberal Arts & Sciences Majors with a passing grade.

   OR

2. Complete LA&S 480 Preparing for International Careers and earn an “A” or “B” with a passing grade.

   OR

3. Complete the online educational module in Blackboard and submit (in Blackboard) the four reflective summaries based on experiences (one of which must be an informational interview) that you have participated in to build your network and develop meaningful connections.

For each reflective summary, you must include the following:

- type of experience
- number of individuals (approximately) with whom you connected
- an explanatory paragraph of the experience
- a reflective paragraph explaining how this experience helped you capitalize on mutually beneficial relationships that expand perspective, build interpersonal communication skills, and create access to opportunities

Examples of potential experiences:

- Conducting an informational interview
- Attending a career fair or career-focused event
- Creating a LinkedIn profile, connecting with individuals via LinkedIn, and joining relevant groups
• Participating in the “Take Your Professor to Lunch” activity offered at KU
• Intentionally establishing a professional relationship and discussing career goals with a faculty member, staff member, organization advisor, supervisor, etc.
• Inviting a current acquaintance to lunch or starting a conversation with that person to discuss career goals, seek advice, seek assistance, etc.
• Joining a student or professional organization to meet new people and expand your network
Rubric: In order to successfully complete this dimension, you must earn an at least an average score of 4 out of 5 on your four reflective summaries.

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<th>5: Expert</th>
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| Reflective summary is clear and represents an experience in which you built your network or developed meaningful connections and/or opportunity while in college. The explanation of the experience defines the experience clearly. The reflective component demonstrates how the experience helped you capitalize on mutually beneficial relationships that expand perspective, build interpersonal communication skills, and create access to opportunities. The career development explanation is present and demonstrates application. | - **Type of experience:** Take Your Professor to Lunch  
- **Number of individuals with whom you connected:** 2  
- **Explanatory paragraph:** I wanted to talk to one of my journalism professors more about her former career as a social media analyst so I took advantage of the Take Your Professor to Lunch Program at KU. We talked over lunch for an hour and a half about her previous career experience and the path she took to get there. She even helped me set up an informational interview with one of her former colleagues who still works as a social media analyst at a marketing firm.  
- **Reflective paragraph:** I asked my professor a list of questions I had that I felt would help me further evaluate this career field. Her answers confirmed my interest in the field but also helped me develop more questions to ask her former colleague. We also set up monthly meetings to continue our conversation so I could ask more questions and share information about my experiences related to the field. I also signed up for a symposium about social media marketing and joined the marketing club at KU so I can network with people with similar interests and further explore this career path. This experience really showed me the power of networking. By talking to my professor for an hour and a half, I was able to make one new direct connection and also learn about other opportunities in which I can get involved to further develop my network and expand my knowledge about careers in social media. I have since followed up with a thank you note to my professor expressing my gratitude and reiterating how much she helped me. |

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| Reflective summary is clear and represents an experience in which you built your network or developed meaningful connections and/or opportunity while in college. The explanation of the experience defines the experience clearly. The reflective component demonstrates how the experience helped you capitalize on mutually beneficial relationships that expand perspective, build interpersonal communication skills, and create access to opportunities; however, more details are needed to demonstrate acquisition and growth. The career development explanation is present but needs more specific application or perceived future application. | - **Type of experience:** Take Your Professor to Lunch  
- **Number of individuals with whom you connected:** 2  
- **Explanatory paragraph:** I wanted to talk to one of my journalism professors more about her former career as a social media analyst so I took advantage of the Take Your Professor to Lunch Program at KU. We talked over lunch for an hour and a half about her previous career experience and the path she took to get there. She even helped me set up an informational interview with one of her former colleagues who still works as a social media analyst at a marketing firm. I asked my professor a list of questions I had that I felt would help me further evaluate this career field. Her answers confirmed my interest in the field but also helped me develop more questions to ask her former colleague when we... |
meet for the informational interview. I also noticed a symposium about social media marketing is occurring in Lawrence in a few months. I am considering attending, so I can network with more people with similar interests and further explore this career path. I am excited I made a new connection in the field thanks to our meeting and learned about more opportunities to further expand my network.

### 3: Intermediate

Reflective summary is stated and represents an experience in which you built your network or developed meaningful connections and/or opportunity while in college. The explanation of the experience defines the basics of the experience but more detail is needed. The reflective component demonstrates how the experience helped you capitalize on mutually beneficial relationships that expand perspective, build interpersonal communication skills, and create access to opportunities, but more detail is need to truly demonstrate acquisition and growth. The career development explanation is present but needs more specific application or perceived future application.

- **Type of experience:** I set up a meeting and met with my professor for an hour.
- **Number of individuals with whom you connected:** 2
- **Explanatory paragraph:** We discussed career paths related to social media. The insight she gave me was really helpful, and she also helped me set up an informational interview with one of her former colleagues who works as a social media analyst at a marketing firm.
- **Reflective paragraph:** After talking to my professor, I feel this path is definitely worth looking at further, and I am looking forward to meeting with her colleague. I now feel more comfortable talking to my professor about topics outside of the course and often stay after class to talk briefly. I also made a new connection in the field thanks to our meeting.

### 2: Novice

Reflective summary is vague and/or does not represent an experience in which you built your network or developed meaningful connections and/or an opportunity while in college. The explanation of the experience is either not clear or not present. The reflective component explaining how the experience helped you capitalize on mutually beneficial relationships that expand perspective, build interpersonal communication skills, and create access to opportunities is either not thoughtful or not present. The career development explanation is either not specific or not present.

- **Type of experience:** Talked to my professor
- **Number of individuals with whom you connected:** 1
- **Explanatory paragraph:** We talked about career paths related to social media.
- **Reflective paragraph:** I now feel more comfortable talking to my professor about topics outside of the course.

### 1: Beginner

Reflective summary is vague and/or does not represent an experience in which you built your network or developed meaningful connections and/or an experience while in college. The explanation of the experience is not clear and/or not present. The reflective component explaining how the experience helped you capitalize on mutually beneficial relationships that expand perspective, build interpersonal communication skills, and create access to opportunities is not thoughtful and/or not present. The career development explanation is not specific and/or not present.

- **Type of experience:** Talked to my parents and friends
- **Number of individuals with whom you connected:** 5
- **Explanatory paragraph:** I have talked to my parents and friends about ideas I have for a future career.
- **Reflective paragraph:** I now have some career ideas.