Have you ever wondered what supports are available to address your career needs? Are you in the process of connecting your major to career options? If so then this webinar is for you. In Career Wellness 101 you will be introduced to the mission and philosophy that drives the work of University Career Services (UCS). You will be exposed to the eight Career Readiness Competencies that UCS outlines with students in preparation for internship and employment opportunities. After viewing this webinar participants will learn:

- How UCS supports students in identifying the value in their skills to market to recruiters
- To navigate the UCS website to identify a wide array of career planning online resources
- The functionality of Handshake in order to schedule career counseling appointments
Presenter Bio: Stephenie McIntyre is the Associate Director of Career Education at University Career Service. She was born and raised in New Jersey and moved to North Carolina in 2015. Stephenie holds a B.A. in English from Rutgers University and an M.A. in Counseling from Montclair State University. Prior to arriving at UNC, she spent over 10 years in Career Services at both small institutions and large state universities in the greater Philadelphia area. Stephenie has been an active volunteer in the local Raleigh-Durham community for the past four years, and enjoys working with young children, adolescents, and young adults. Her passion is connecting individuals from diverse backgrounds to resources that support their personal and career aspirations.

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