The First Step in Your Career Journey

Do you know your strengths and interests well enough to use them for career decision making? Do you know what tools and services are available to gain further self-awareness? In this webinar, you will learn a little more about the value of self-awareness as the first step in your career decision making. You will also learn about the tools and services that are available for you to use during your time here at Carolina. After this webinar participants will be able to

1. Recognize how engaging with a career counselor will support their skills identification and values clarification
2. Identify tools available to them to help explore their interests and strengths
3. Recognize ways to use of University Career Services resources to make meaning of their interests, skills, and values

**Presenter Bio:** Stephenie McIntyre is the Associate Director of Career Education at
University Career Services. 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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