

# Make the Most of Your Winter Break

Take a break

&

remain career-engaged  
with these activities



1. **Focus on wellness.** We really want to encourage students to rest and take care of themselves after this challenging semester. Utilize resources from the [Health & Counseling Center](#). Take a few minutes to practice a [meditation](#), relaxation techniques and mindfulness.
2. **Have career conversations.** Take time to reflect on your semester, think about what you enjoyed and what was challenging. Connect with family, friends, relatives, former supervisors and UP alumni via email or virtually for [informational interviews](#) to share what you learned about yourself and to learn about careers and industries.
3. **Activate and/or update your [Handshake profile](#).** Handshake is the centralized system for internships, part-time and full-time opportunities. [Familiarize yourself with the platform over break!](#)
4. **Check out Internship Stories from past and current students.** Read through stories to get a sense of what other students have done, learned and see what sparks your interest! Request access to the [comprehensive list of internship stories here](#). Students can sort or filter by major. After reading several experiences, we encourage you to reflect on some of the following questions:
  - *What about this story excites me and feels like something I might be interested in trying?*
  - *What would I learn through an experience like this? (Ex: communication skills, technical skills, knowledge and expertise, emotional intelligence attributes, build on existing strengths, etc.)*
  - *How could an experience like this help me with career exploration and discernment?*
5. **Read UP Alumni Profiles for career advice and insight.** Alumni professionals have experience in the working world and share their wisdom: [Check out alumni profiles](#) and [see where they work now](#).  
*"Be open to opportunities, even if they're not part of your original plan, and you'll end up where you need to be." - Viet-Linh Pham | Class of 2013*

## Bonus activities! Future you will thank you!

- **Develop a new skill using LinkedIn Learning.** (Students can search and log in via [MyApps](#) and have full access to courses). After exploring the internship stories and researching future career opportunities, identify a skill that you will need to develop.
- **Create your summer job search action plan.** Use [this handout](#) to get organized and develop a personal search plan! Demonstrating initiative can give you a big advantage when hiring time comes around.

- **Find online volunteer opportunities.** Giving back is a great way to expand your network and make new contacts. Volunteering can also help you gain skills and identify your interests. Plus, you can include these experiences on your resume! [Here are 9 places to volunteer online!](#)
- **Schedule that Career Center appointment!** Want to discuss any of these topics? We are open Monday through Friday throughout winter break *except* between Christmas Eve and New Year's Day. [Schedule an appointment online using Handshake.](#)
- **Spend time creating or updating your resume and LinkedIn account.** As you apply to summer jobs and internships, having quality application materials will be important. Check out the Career Center [Resume Guide](#), use the [Resume Checklist](#) to review your resume, and get started on your [LinkedIn profile](#).
- **Explore internship/job descriptions and resources.** Check out the website: <https://www.onetonline.org/>. Look up any career you might be curious about and read about the job tasks, experience needed, work environment, salary potential and education needed. For future reference keep detailed notes of the information you find by career. Another site is [www.mynextmove.org](http://www.mynextmove.org) where you can explore what you might want to do for a living. So much of your success depends upon research and careful planning.