

EXTENDED BREAK CHECKLIST

Virtual Networking

- Create or update a [LinkedIn](#) account
- Connect with industry professionals using our [Informational Interview](#) resources.
- Follow [@CoogCareers](#) on social media for updates



Virtual Drop-ins/Appointments

- Schedule a virtual/phone appointment with a Career Counselor using [Cougar Pathway](#)
- Drop-in for a 15-minute [Virtual Chat](#) session with a Career Counselor
- "Attend" a virtual workshop using [ZOOM](#)



Get Help? (Live Chat)

Virtual Career Resources

- Update your [resume/cover letter](#) with recent accomplishments and experiences
- Take our FREE [Focus 2](#) assessment to explore majors or careers
- Explore FREE Career Workbook on [uh.edu/ucs](#) for additional resources
- Log into [Cougar Pathway](#) to apply for internship/job opportunities.

