

LOW LIFT (LITTLE PREP, CAN DO ANYTIME)

Share a Moment from Your Path:

Talk about a turning point, a surprise, or something you wish you'd known. Even five minutes of storytelling changes how students understand possibilities.

Demystify the CV:

Show your resume and briefly walk students through it. Let them ask questions.

Name the Roads Not Taken:

Share a field you considered or a lesson that came late. Students find this often more useful than the "highlight reel."

MEDIUM LIFT (PLANNING REQUIRED, FITS EXISTING STRUCTURE)

Dedicate a Class to "Career Day":

Your story followed by an open Q&A. No limits on what students can ask, from gap years to professional regrets.

Invite Campus Resources:

Host the Career Center, Pre-Law advising, or Counseling services. They provide the content; you provide the space and the endorsement.

Know Who's in the Room:

Run a brief check-in about students' goals and academic journeys. Shaping the course around their destination increases engagement.

HIGH LIFT (INTENTIONAL REDESIGN, LASTING IMPACT)

Reframe Assignments for the Real-World:

Turn a paper into a professional report, policy memo, or jury consultation. Same skills, new context that students remember and it gives them a sense if they'd actually enjoy a potential field.

Application-Style Tasks:

Build an assignment where students research a real job/program, identify their developed skills, and make a professional case for themselves.

Dedicated Life-After-Graduation Module:

Design a unit on grad school or the job market, timed intentionally for where students are in their academic career.