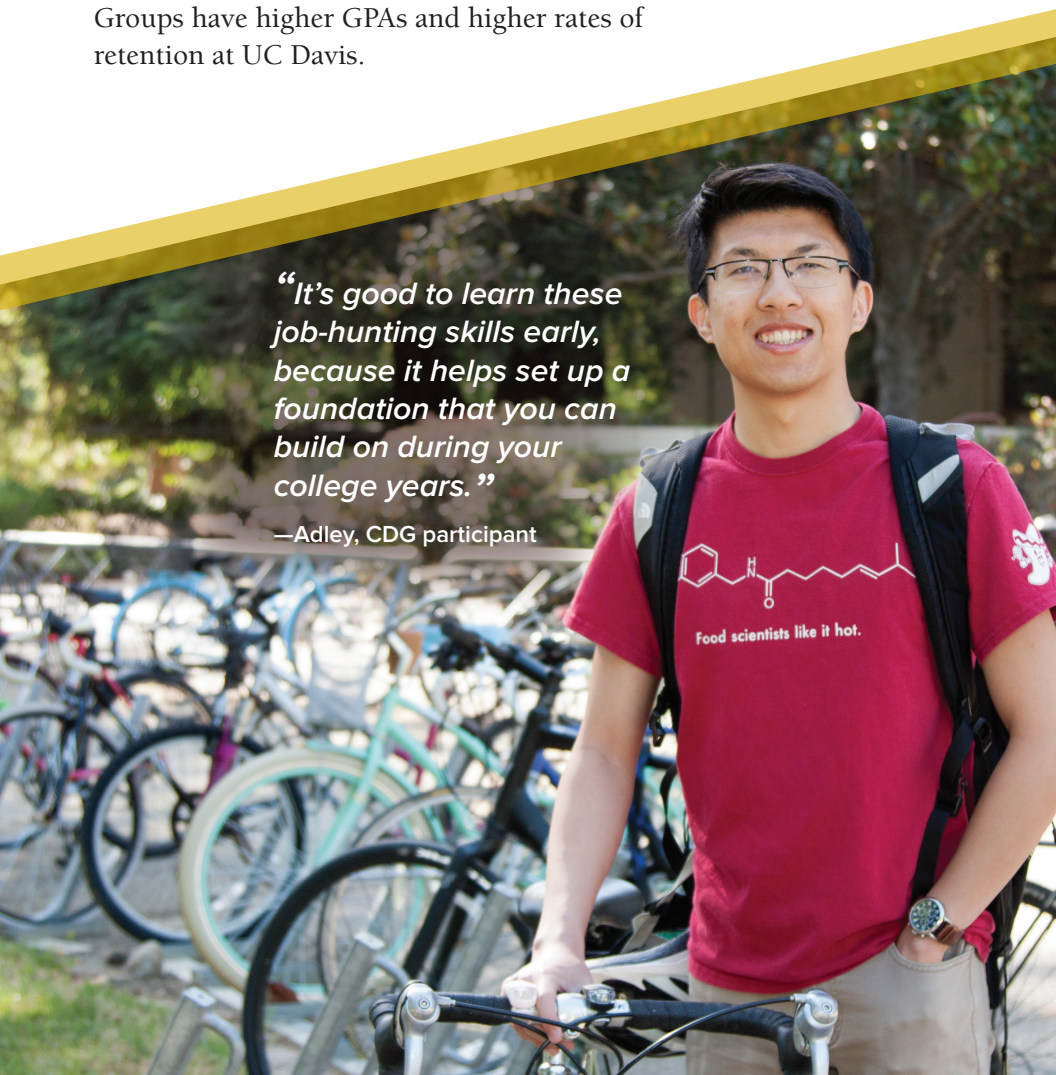# Career Discovery Groups

Career Discovery Groups (CDG) offer you an opportunity to explore career possibilities and make academic choices for future success. Guidance from graduate student mentors will help you learn to navigate the research university and use campus resources. Interaction with faculty and advisors will help you gain focus. Freshmen who participate in Career Discovery Groups have higher GPAs and higher rates of retention at UC Davis.

"It's good to learn these job-hunting skills early, because it helps set up a foundation that you can build on during your college years."

—Adley, CDG participant

What will Career Discovery Groups do for me?

CDG will help you begin your career planning right away. Choose an area of emphasis and discover related careers, or choose exploratory/undeclared and research an array of careers with mentors and fellow students in a small-group setting.

Who is eligible?

All College of Agricultural and Environmental Sciences (CA&ES) freshmen and first-year transfer students are welcome.

How does the program work?

CDG provides you with special classes and a mentor to introduce you to campus resources, help you explore potential major and career paths, and guide your course selection. There are only 20-25 students per section, so you will be part of a group with shared interests. Together, you can begin your quest for discovery from day one!

The program for freshmen lasts three quarters, with one career exploration course per quarter. A graduate student mentor will support you in your transition to the UC Davis campus,

help you network with professionals, alumni, and experienced Aggies at special events, and guide you as you define your interests. You will be matched to a mentor after you select an area of emphasis from the following choices:

- Animal Sciences/Wildlife
- Ecology/Environmental Science/ Sustainable Agriculture
- Human/Social Sciences
- Exploratory/Undeclared

The program for first-year transfer students offers one fall quarter course in which you will work with a graduate student mentor to learn how to navigate our research environment, assess your skills, values and interests, and explore career options.

How do I register for the CDG program?

You can register to participate in the program during Summer Orientation or Pass 2. An academic advisor will be available to help you make an informed decision and provide you with course registration numbers.

Freshman Program

The freshman Career Discovery Group includes three courses in major and career exploration, one per quarter during freshman year. Graduate students trained as Career Discovery mentors and experts from the UC Davis Internship and Career Center lead these courses. You are encouraged to enroll in all three quarters.

Fall Quarter:
SAS 098, Positioning Yourself for Success at UC Davis and Beyond
(1 unit, 1 hour/week, pass/no pass)

A Career Discovery mentor leads you in learning how to navigate the university and explore your personal skills and values as they relate to your major and career exploration.

Winter Quarter:
SAS 5, Career Discovery Seminar
(3 units, 80 minutes/week, General Education credit, letter grade)

You will continue with the same mentor you worked with in the fall quarter. This course gives you the skills to explore careers and to compete for internships and jobs. You will also complete assessments that help identify your academic preferences and interests. You will learn to write cover letters, resumes, and explore potential careers by meeting with professionals in a field of interest. At the end of the quarter, you will present your final project in a poster session along with your fellow students. Lectures are led by Internship and Career Center advisors (1 lecture/week), and an additional weekly discussion is led by Career Discovery mentors.

Spring Quarter:
SAS 098, Entering the Professional World
(1 unit, pass/no pass)

In this class, you will work one-on-one with your Career Discovery mentor and attend group field trips to meet professionals and observe them on the job. After each field trip, you will complete a brief reflection that connects your observations to your career search. Your mentor will continue to support you throughout this process.

"Since the beginning of the program, I have seen my students grow more confident and driven to succeed in school, as well as prepare for their futures. They are learning skills that will benefit them throughout their lives."

—Carlyn, CDG mentor

First-Year Transfer Student Program

The first-year transfer student Career Discovery Group offers one course in career exploration, skill building and learning to navigate a research university.

Fall Quarter:
SAS 198, Positioning Yourself for Success at UC Davis and Beyond
(1 unit, 80 minutes/week, pass/no pass)

This class offers ten weekly meetings led by Career Discovery mentors to help you learn about campus resources, time management, as well as interviewing and networking skills. The UC Davis Internship and Career Center facilitates two of the class sessions. You will complete the Strong Interest Inventory and CliftonStrengths assessments to learn more about your interests and strengths and how they can shape your major and career goals. You will also learn about diversity in the workplace, how to build a résumé, interviewing for jobs, and finding internship and job openings.

> *"I absolutely would recommend this class to other students. I know I need to learn chemistry and math, but this was the most beneficial course I took."*
>
> —Shelby, CDG participant

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AND ENVIRONMENTAL SCIENCES

For questions or additional information, please contact Daniel Potter at dpotter@ucdavis.edu or Elvira Galvan Hack at eghack@ucdavis.edu.

To learn more about the program, visit **caes.ucdavis.edu/students/CDG**.