

CAREER EXPLORATION HOURS FOR TULSA ACHIEVES STUDENTS

Welcome to TCC's Tulsa Achieves program! As part of your journey towards achieving 40 hours of community service each school year, a new initiative has been introduced to help guide you towards career path exploration!

The Department of Career Services is excited to announce and recognize that 7 of the 40 hours will be earned by participating in various career exploration activities like exploring career paths, building job readiness skills, and preparing for your future.

Below are the approved exploration activities and the number of hours you can earn for each one. Follow the instructions carefully and submit any required documentation to Career Services at careerservices@tulsacc.edu.

1

TypeFocus7 Career Assessment

1 hour earned per year

- Complete the TypeFocus7 assessment and submit your results to Career Services.
- Review the assessment results with a Career Services team member and discuss what your results mean for your career path.

2

What Can I Do With This Major?

1 hour earned per year

- Meet with Career Services to explore the "What Can I Do With This Major?" tool and see how your academic path connects to real-world careers.

3

Labor Market Information (LMI)

1 hour earned per session

- Meet with Career Services to explore LMI related to your career goals. Learn about requirements, skills, wages, and more pertaining to your career goals.

4

Resume Assistance

1 hour earned per year

Create

1. Create your resume with the help of Career Services. We will guide you in the right direction.
2. Submit your final resume as proof of completion.

OR

Review

1. Have your resume reviewed by Career Services.



Email: careerservices@tulsacc.edu

5**Professional Clothing Closet***1 hour earned per year*

- Schedule a visit to the PCC with a Career Services team member. We promise to help you look your best. Choose four free clothing items per semester and keep what you find!

6**Mock Interview***1 hour earned per interview*

- Schedule a mock interview with a Career Services team member(s). We will help you with interview prep, personalized feedback, and basic interview expectations.

7**LinkedIn Profile***1 hour earned per year***Create**

1. Create your profile using helpful tools provided by Career Services.
2. Submit your final profile as proof of completion.

OR

Review

1. Already have a profile? Get it reviewed by Career Services. If updates are needed, Career Services will provide feedback. Make the necessary changes and resubmit until approved.

Other Career-Related Activities

Career Services may approve additional opportunities on a case-by-case basis. If you are involved in something career-related such as a workshop or professional event, email Career Services to find out if it qualifies for Career Exploration Hours.

Contact and Submitting Information

All proof of completions should be sent to the Career Services email: careerservices@tulsacc.edu

Exploration activities that do not require proof of completion will be marked as completed by the Career Services team member(s) with which you have met.

If you have any questions about these exploration activities or have questions about getting started, please contact us at careerservices@tulsacc.edu.

- Make an appointment with us from your Starfish account
- Stop by our offices! We are located on all campuses within the Student Success Centers.