Occupational Wellness

Presented by:
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Career Well-Being

- Connect to the University Mission and Vision
- Market and brand yourself
- Be savvy at UCR
Connect YOUR career to UCR

UCR Mission – DRAFT

UCR serves the diverse people of California, nation and world through knowledge – its communication, discovery, translation, application and preservation. The undergraduate, graduate and professional degree programs and extension activities develop leaders who create California’s economic, social and environmental future.
Connecting YOU to UCR

How does what you do for UCR impact the mission?
Explore Options and Resources
Marketing and Branding YOU

- Everything you do promotes you
- Develop a mission statement for yourself
- Develop a personal sound byte
- Brand yourself
  - Stand out and showcase unique value
  - Make positive first impression
  - Convey what you can offer
Being Savvy at UCR

- Take advantage of Networking opportunities
- Cultivate a Mentor
- Make friends and allies whenever you can
- Keep yourself in the information flow
- Make sure people know who you are
- Know the organizational structure and align yourself appropriately
- Be aware of organizational issues
- Timing
For More Information

- Career Related Courses & Options:
  - Fulfilling Your Career Potential
  - Discovering Your Career Path
  - Getting Ready
  - Writing it Right
  - Marketing Your Talents
  - The Winning Resume
  - Marketing You!
  - Successful Interviewing
  - Assessing Your Transferable Skills
  - Mock Interviews
  - Resume Reviews
Questions?

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