

NAVIGATING A RECESSION

✓ DO'S

KEEP APPLYING

You can't get an internship or job if you don't apply.

NETWORK!

Continue to connect with folks within their industry and the companies they are interested in working with, even if those companies aren't hiring.

- Informational interviews, webinars, connecting with alumni within the company, LinkedIn



DIGITAL PRESENCE IS CRUCIAL

Work on building your personal brand.

BE FOCUSED

Articulate your skills well.



GIVE BACK

Consider how you can help someone during this uncertain time.

TALK

Talk to someone about your concerns.

USE YOUR RESOURCES

Use Handshake, LynxConnect Staff, Faculty, Virtual Toolkit, Big Interview.

FOCUS

Focus on what you can control: your skills, where you apply, your network.

✗ DON'TS

GIVE UP

It will take more time, but there are still opportunities out there.

DO IT ALONE

LynxConnect staff and the great CU Denver community are here to help.

TAKE A GAP YEAR

Unless it was already a part of your plan, don't take a gap year or go to graduate school.

COMPARE

Don't compare this to the Great Depression.

TALK IN TERMS OF YOUR CAREER READINESS COMPETENCIES

CRITICAL THINKING/PROBLEM SOLVING

My job has helped me to form opinions and solve problems. I can analyze issues, make decisions and use knowledge, facts and data in the process.

LEADERSHIP

My job has helped me use interpersonal skills to coach and develop others. I can use empathy to guide, motivate, organize, prioritize and delegate work.

ORAL/WRITTEN COMMUNICATIONS

My job has helped me improve how I communicate with others, both in person and via email. I am able to express ideas, write and edit memos, letters and other technical reports.

PROFESSIONALISM/WORK ETHIC

My job has helped me develop time management skills, I have learned how to be personally accountable for my actions. I can work productively with others and am able to learn from my mistakes.

TEAMWORK/COLLABORATION

My job has helped me learn how to work with others. I can work within a team structure and can negotiate and manage conflict.

CAREER MANAGEMENT

I can see connections between my job and my academic major and coursework. My job has helped prepare for full-time employment.

DIGITAL TECHNOLOGY

I have learned a new technology or used an existing technology at a deeper level.

GLOBAL/INTERCULTURAL FLUENCY

Because of my job, I am able to work effectively with individuals with a variety of backgrounds, experiences and cultures.