

## HEA 492 Career and Life Readiness

**Professors:** Mike Perko, Ph.D., CHES  
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**Location:** Trask 143  
**Class Hours:** W – 12:00 to 12:50 am  
**Office Hours:** M – 2-4  
W – 2-3  
TTH – 9-10  
F – By appt.

**Description:** Helping ease the transition from college to the workforce. Course content will focus on personal, social, and economic challenges faced by most senior-level students. Both tangible and intangible life skills will be acquired.

### Attendance:

- As we only meet once a week, class attendance is required. If you must miss a class for any reason, you should notify the instructor ahead of time.
- You will be responsible for any material missed in class
- More than 2 unexcused absences will result in 5 points off the final grade.
- Attendance will also be required at any outside function.

### Journal entries:

Every 3 weeks you will be required to write a reflective, thoughtful journal entry (approx. 1 page in length). Every entry will be dated and should address an issue from class, or dealing with any number of transitional items from student to professional or graduate student. All entries will be confidential. Journals will be evaluated on the seriousness and honesty they reflect.

### Required text:

- None, but selected readings may be given to highlight class activities.

### Grading:

- Attendance.....50%
- Class participation including in-class assignments.....25%
- Journal.....25%



**Course Schedule:**

Jan.	7.	Introduction and course syllabus
	14.	What's waiting for you on the "other side"
	21.	Resume writing and cover letters
	28.	Exploring graduate school <b>Due:</b> Journal Entry
Feb.	4.	Been there, done that –former student-athlete speaks
	11.	Basic computer skills – what you need to know
	18.	PPD
	25.	Ignore your health and it will go away – Benefit options (Kelly Kennedy) <b>Due:</b> Journal Entry
March	3.	Um, um, ah... Communicating
	17.	Cause you've got Personality (Myers-Briggs) – Leslie Rand-Pickett
	24.	Intern-ship shape
	31.	PPD
April.	7.	Easter Break
	14.	The big interview <b>Due:</b> Community paper due
	21.	Reflection, wrap-up
	28.	TBA