

Your **VIKING SCORE** Worksheet

LEVEL ONE — typical for first-year students

- Meet with a CORE Staff to Explore Majors (2 pts)
 - Create a resume, cover letter, or LinkedIn profile (2 pts each)
 - Log 5 hours of community service on your co-curricular transcript (2 pts).....
 - Attend a CORE Event (Workshop, Lunch & Learn, Information Session, CORE Fair) (2 pts).....
- Choose experiences from the back to customize your Viking Score:*

YOUR SCORE	SUGGESTED MINIMUM
	10

LEVEL TWO — typical for sophomores

- Create an experiential (internship, job shadow, research) plan of action (6 pts).....
 - Attend a Fair or Retreat (ProFair, Graduate School, Study Away, Camp, Winter Exploration Retreat) (4 pts each)
 - Attend at least one full Celebration of Learning or Symposium Day Session (2 pts).....
- Choose experiences from the back to customize your Viking Score:*

YOUR SCORE	SUGGESTED MINIMUM
	30

LEVEL THREE — typical for juniors

- Complete 40 hours of internship, research, or community service (6 pts).....
 - Participate in a study or internship off-campus program for academic credit (6 pts).....
- Choose experiences from the back to customize your Viking Score:*

YOUR SCORE	SUGGESTED MINIMUM
	60

LEVEL FOUR — typical for seniors

- Create a post-graduation(job, gap year, graduate school) plan of action (8 pts).....
 - Create a portfolio of work or personal brand website (8 pts)
- Choose experiences from the back to customize your Viking Score:*

YOUR SCORE	SUGGESTED MINIMUM
	100



WHAT'S YOUR VIKING SCORE?

Student Name _____

STOP IN CORE TO UPDATE YOUR VIKING SCORE EVERY TERM

The Viking Score is Augustana's unique approach to helping students track their level of professional preparation. To get started or to learn more, visit the CORE Office on the first and 3rd floor of the Olin Center, call 309-794-7339 or email core@augustana.edu.

"The Viking Score takes the ambiguity out of the steps students must take to acquire a full-time position following graduation. It also gives students an opportunity to learn about multiple career tracks, including non-traditional roles, that can leverage their strengths and interests. Now students will be equipped to be career-minded throughout their college experience versus waiting until their final year to begin planning."

Valerie Lambert '07 Kroll | Manager, Digital Analytics, American Medical Association

2 POINT EXPERIENCES	4 POINT EXPERIENCES
Meet with a CORE Ambassador for a Viking Score Appointment	Complete a mock interview
Update your resume, cover letter, or LinkedIn profile	Complete a minimum of 4 hours of job shadow
Meet with a CORE staff to discuss Vocational Exploration	Obtain a leadership position within a student organization
Complete a career or professional development assessment	Complete an informational interview with a professional in your field
Complete a term as an on-campus student employee	Attend the EXPLORATION Winter Retreat
Join a service organization on campus and add it to your co-curricular transcript	Meet with the EDGE center on professional portfolio strategy
Volunteer in a community-based UMC interdisciplinary research project	Participate in an international athletic or ensemble travel program or tour
Attend a Study Away Information Meeting for a specific program	Attend an IOP skills or reentry workshop
Add your involvement in student organizations to your Co-curricular transcript	Assist with a professor or other student's research/creative scholarship project
Talk to one professor about research/creative scholarship opportunities in their field	Serve as a program ambassador for a past study away program
Publish academic works in Digital Commons	Take a UMC Sustainable Working Landscapes Initiative course
Visit the EDGE center to learn about opportunities for professional development	Participate in Sustained Dialogues

6 POINT EXPERIENCES	8 POINT EXPERIENCES
Complete a personal statement	Serve as an AmeriCorps service member for a year
Complete 40 hours of community service with one organization	Complete 105 hours of internship or research
Complete the LSC250 Vocational Exploration Course	Complete the Non-Profit Leadership Development Certificate
Participate in ADs National Student Advertising team for 1 year	Complete the Certificate in Entrepreneurial Studies
Attend an off-campus conference related to your field(s) of study	Complete a full-time summer internship in EDGE, UMC, or CORE
Complete a part-time internship in EDGE, UMC, or CORE	Complete a full-time summer research or other creative scholarship opportunity
Apply for research/creative scholarship Summer Fellowship, REU or similar	Present at Celebration of Learning or other venue on your research, international experience, project, or internship

IOP – International and Off-Campus Programs **UMC** – Upper Mississippi Center **EDGE** – Entrepreneurial Center