

Your **VIKING SCORE** Worksheet

LEVEL ONE — typical for first-year students

- Drop in for a CORE orientation appointment with a CORE Ambassador (4 pts)
- Engage in on- or off-campus employment or community service/volunteer work (2 pts)
- Attend a career development workshop (2 pts – max of 4 pts)
- Meet with a Career Coach to review résumé (2 pts)
- Drop in for a career development tool kit appointment with a Career Mentor (4 pts)
- Other career development activity

YOUR SCORE	SUGGESTED MINIMUM
	10

LEVEL TWO — typical for sophomores

- Attend ProFair or Graduate School Fair (4 pts)
- Attend a career development workshop (2 pts – max of 6 points)
- Meet with a Career Coach for career planning (4 pts)
- Engage in on- or off-campus employment or community service/volunteer work (2 pts)
- Complete an informational interview or job shadow (2 pts)
- Other career development activity

YOUR SCORE	SUGGESTED MINIMUM
	30

LEVEL THREE — typical for juniors

- Register and complete an Internship or out-of-classroom research/creative scholarship experience (8 pts)
- Attend ProFair or Graduate School Fair (4 pts)
- Attend a career development workshop (2 pts – max of 6 points)
- Meet with a Career Coach for next level career planning (6 pts)
- Complete four informational interviews and/or job shadows (2 pts – max of 8 pts)
- Other career development activity

YOUR SCORE	SUGGESTED MINIMUM
	60

LEVEL FOUR — typical for seniors

- Attend ProFair or Graduate School Fair (4 pts)
- Register and complete an internship or out-of-classroom research/creative scholarship experience (8 pts)
- Schedule a fall meeting with a career coach to launch post-graduation plans (8 pts)
- Complete a mock interview (4 pts – max of 8 pts)
- Attend a career development workshop (2 pts – max of 6 points)
- Other career development activity

YOUR SCORE	SUGGESTED MINIMUM
	100



WHAT'S YOUR VIKING SCORE?

Student Name _____

STOP IN CORE TO UPDATE YOUR VIKING SCORE EVERY TERM

Schedule an appointment with your career coach through Handshake

by going to augustana.joinhandshake.com and click **Career Center**, then **appointments** on the top of the page.

OR

Just walk in!

A career coach is available **Monday–Thursday from 10:30 a.m.–4:30 p.m.** in the **CORE offices, first floor of Olin.**

NEW TO CORE? We offer both **CORE ORIENTATION** and **CAREER DEVELOPMENT TOOL KIT** appointments.

What is a **CORE ORIENTATION** Appointment?

- Learn about CORE services
- Arches navigation
- Viking Score
- Handshake 101
- Workshop offerings

What is a **CAREER DEVELOPMENT TOOL KIT** Appointment?

- Résumé and cover letter services
- Advanced Handshake
- LinkedIn profile creation

Questions? Contact **CORE** at **309-794-7339** or stop by the **CORE** offices!

Augustana College

www.augustana.edu/core



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