

CAPU LAUNCH: APPLICATION

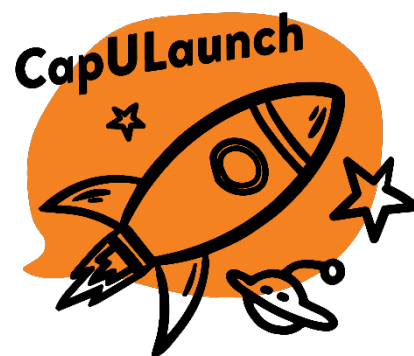
2019-2020

CapU Launch overview

Your future begins in first year. Start building the competencies you'll need for career success with the CapU Launch program.

More than 97% of employers we surveyed agree that it's important for students to develop their soft or transferable skills before graduation. In fact, it's an area that many employers find is lacking in new graduates.

Learn the skills that will make you stand out in a job competition with CapU Launch, a self-paced, co-curricular program that is designed to help you build the confidence, clarity and competencies to successfully launch your career upon graduation.



What will you do?

- Develop a deeper understanding of your skills, abilities, interests and values
- Explore career options and clarify your career direction
- Develop the soft skills employers are looking for
- Expand your professional network
- Learn how to present yourself online, in a resumé and an interview
- Build the confidence to land that first big job

Activities are offered online through eLearn modules, as well as in person at workshops and events and through experiential learning activities. This flexible program allows you to tailor optional activities to your interests as well.

What competencies will you learn?

The program focuses on developing your confidence and competencies in 10 key areas:

Critical thinking & problem solving

1. Using logic, research and reasoning abilities to understand complex problems and apply viable solutions

Teamwork & collaboration

2. Working with others productively and effectively by leading yourself and others to contribute ideas, manage conflict constructively and achieve common goals

Communication skills

3. Expressing ideas, opinions and information clearly, persuasively and professionally both written and verbal

Social Intelligence (interpersonal, social awareness/perceptiveness)

4. Awareness of personal emotions and behaviours and how it affects others
5. Understanding the reactions of others and being able to appropriately respond to their needs

Professionalism (work ethic, time management, positive attitude, responsible)

6. Demonstrating tact, work ethic, time management, positive attitude, integrity, proper conduct and ethical and responsible behaviours in professional interactions
7. Committed to ongoing personal and professional development

Judgment & decision making

8. Evaluating various options and alternatives to arrive at an informed decision

Digital fluency

9. Using, understanding and selecting suitable digital tools and technologies to achieve a desired outcome

Global/intercultural fluency

10. Communicating, navigating and operating effectively with individuals from diverse backgrounds and within various cultural contexts

Adaptability

11. Transitioning and adjusting to challenges, expectations and new situations aptly by demonstrating agility, resourcefulness and flexibility

Creativity

12. Conceiving of new ideas and novel adaptations to different contexts

Who is the program for?

While the program is designed for students who are in two- to four-year programs, any CapU student who is able to satisfy the requirements before graduation is welcome to participate. We also encourage an early start to the program so new students would be ideal.

How do you apply?

Step 1:

Fill out the 'student information' below.

Step 2:

Visit <https://eportfolios.capilano.ca/> to set up and create an ePortfolio.

Step 3:

In your ePortfolio, answer the three questions below in any form you would like (video, essay, song, poem, storyboard, etc.). For essays, please submit a minimum of 300 and a maximum 500 words.

1. Why do you want to participate in CapU Launch?
2. What do you seek to gain from CapU Launch?
3. How will CapU Launch help you with your career development?

STUDENT INFORMATION

Name: _____ Student number: _____

Academic focus: _____ # of credits completed to date: _____

Email address: _____

ePortfolio site address: _____

Complete and submit this form to the Career Development Centre via email to cdc@capilano.ca. We will get back to you in three business days.

