

UPSKILLING: Further Developing and Building New Skillsets

While at Cal Poly, you are undoubtedly equipping yourself with a wide array of knowledge and skills that employers value. Many students complement this classroom learning with experiential learning, often through the form of internships. However, there are other ways to build and enhance new skills that don't require formal internship training.

Whether you're currently a student or an alumni of Cal Poly, Career Services wants to support you in building skillsets that you are personally invested in and are also attractive to employers in your future industry. Don't know what industry you're interested in? That's okay, too! Upskilling can still be for you. Take a look the information below if you'd like to enhance your existing skillset. We also recognize that upskilling may not be possible or preferable for everyone right now. Please remember that it's totally optional and, if taken on, can be done at your own pace.



STEP 1: LEARN ABOUT UPSKILLING

- **What is upskilling?**



STEP 2: CONDUCT INFORMATIONAL INTERVIEWS

Conduct informational interviews with people in your fields of interest who can share insight into recommended skills for certain industries and positions using:

- **Career Connections**
- **LinkedIn**

Take a look at these articles on virtual networking:

- **7 Non-irritating Ways to Network Online**
- **Networking How To**



STEP 3: BROWSE UPSKILLING OPTIONS

Browse through upskilling options and identify what you're interested in:

- **Cal Poly Extended Education:** Upgrade your skills or find a new field with a variety of academic and professional programs
- **Canvas Network:** Professional development courses for educators
- **Class Central:** Giant catalog of online courses organized by subject/major from hundreds of online course platforms
- **Coursera:** Yale's famous course on **The Science of Wellbeing**
- **Drexel Library: Research and write a literature review**
- **Duolingo: Learn a new language for free!**
- **EDX:** Offers self-paced courses partnering with different universities
- **Future Learn:** Offers online courses in many different subjects
- **LinkedIn Learning**
- **Microsoft Learn:** Acquire the digital skills necessary for a COVID-19 economy
- **National Geographic:** Learn more about micro-credentials (and it's free!)
- **Open Culture:** More than 1500 courses for free!
- **Rasmussen College:** Offers online professional certificates through July at no cost
- **The Muse:** 41 Classes You Can Take Right Now to Advance Your Career (and they're free!)
- **The Odin Project:** Software engineering/web development
- **Udemy:** Low cost courses in different fields of study

Additionally, the **Career and Life Success Model** includes knowledge, skills, and abilities you'll need to be ready for dynamic career and life possibilities. To support the theme of Diversity and Inclusion, please check out these **resources from Cal Poly OUDI.**

