

# UPSKILLING: Further Developing and Building New Skill Sets

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. Explore the **NACE eight career readiness competencies** — learn more sample behaviors, strategies for developing each competency and ways to demonstrate the competencies.

Whether you're currently a student or an alumni of Cal Poly, Career Services wants to support you in building skill sets that you are personally invested in and are also attractive to employers in your future industry. Take a look the information below if you'd like to enhance your existing skill set. We recognize that upskilling may not be possible or preferable for everyone, take it at your own pace and timeline.



## 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:

- **Cal Poly Career Connections**
- **LinkedIn**

Take a look at these articles on virtual networking:

- **Seven 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.**
- **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**
- **National Geographic:** Learn more about micro-credentials (and it's free!)
- **Open Culture:** More than 1,500 courses for free!
- **Udemy:** Low-cost courses in different fields of study.