CAREER LABS
Engage, Empower, and Develop Young Adult Talent
IN TODAY’S CHANGING WORKFORCE, THE DEMAND FOR STRONG SOFT SKILLS IS HIGHER THAN EVER.

A Wall Street Journal survey\(^1\) of over 900 executives found that

\[89\%\] have either a very difficult or somewhat difficult time finding candidates with the necessary soft skills.

In a LinkedIn survey\(^2\) of 291 U.S. hiring managers,

\[59\%\] reported that soft skills are “difficult to find”

\[58\%\] said that the lack of soft skills among candidates is “limiting their company’s productivity”
Virtual and in-person Career Labs programs empower entry-level talent to gain the **skills**, **confidence**, and **mindsets** to take the next step in their careers.
CAREER LABS: PROFESSIONAL SKILLS TRAINING

Career Labs is a 40-hour virtual or in-person training program that combines Year Up’s proven program methodology and soft skills training to help entry-level talent build the competencies and mindsets needed to succeed in their careers.

Program Outcomes
- Community & Support Network
- Confidence & Agency
- Motivation
- Growth Mindset
- Accountability
- Resourcefulness

Soft Skills Curriculum
- Communication & Professionalism
- Collaboration & Conflict Resolution
- Problem Solving
- Customer Service
- Feedback
- Career Portfolio

Each engagement can be customized to meet specific partner’s needs.
Each lesson is delivered in a two hour window and **blends asynchronous and synchronous learning** methods.

Asynchronous learning is delivered through our **custom-built learning management platform**, tailored specifically for each engagement.

**Daily synchronous classes** are facilitated through Zoom in addition to weekly **individual check-ins** with facilitator.
VIRTUAL CAREER LABS: STUDENT ESSENTIALS

Participants who engage in Virtual Career Labs will be provided participant workbooks. To fully engage in the program, participants will also need access to the following:

- Computer with Chrome, Firefox, or Safari
- Video capability with sound/microphone
- Reliable WiFi
- Quiet space for learning

Participants will be held accountable to achieve successful completion of Virtual Career Labs program, entailing consistent attendance, engaged participation and timely completion of assignments.
Extensive research with Year Up students, interns, and alumni has shown that much of the lasting impact of the Year Up experience stems from the environment, support, and other elements of program design (not just the soft skills training). These “intangible” benefits are just as important – if not more – for long-term success in OY’s personal and professional lives, and they form the foundation of every Career Labs program.

**Motivation**
- Goal-setting and realization

**Accountability**
- To self

**Community & Support**
- Shared experiences
- Access to supports
- Safe learning environment

**Resourcefulness**
- Problem solving in new environments
- Identifying & leveraging existing strengths

**Confidence & Agency**
- Leadership opportunities
- Reinforcing strengths
- Stepping outside comfort zone

**Learning Mindset**
- Emphasis on feedback
- Habit-building
- Skill-building
SOFT SKILLS CURRICULUM OFFERINGS

The curriculum contains 5 soft-skills modules, allowing you to customize your 40 hours. Each module comprises 2-5 50-minute lessons. All lessons are designed to be highly interactive. Each 40-hour program contains both soft skills lessons (listed below) and programmatic elements from the previous slide to ensure growth in both soft skills mastery and “intangible” outcomes.

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MODULES SLATED FOR VIRTUAL CAREER LABS

• Professionalism
• Growth Mindset
• Communication
• Code Switching
• Collaboration
• Conflict Resolution
• Problem-Solving
• Customer Service
• Active Listening
• Feedback

• Professional Brand
• Professional Email
• Confidence Building
• Elevator Pitch
• Interview Skills
• Goal-Setting
• 7-Second Resume
• Networking
• Time Management