



“You Make Your Own Luck” Building Cultural and Social Capital in a Major-Based Career Course

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Equity and the Challenge to the Profession

- First-generation students less likely than continuing generation students to identify “career-type” positions (e.g. social work, education, management) versus non-career type positions (e.g. clerical, sales) (ASA 2013)

About two-thirds of those who said their jobs were closely related to what they learned as sociology majors were very satisfied with their jobs.

Spalter-Roth & Vooren 2008:2

- Exploration of and self-narrating of diverse biographies and value systems affirm student identities, bring richness to the classroom, and meet the needs of communities and organizations in which students aspire to work or serve

(Bettencourt 2020; Gonzalez, Fernandez, and Wilson 2021)

Structuring Career Support: Translation and Transition Work

- 51% of U.S. Sociology Programs host “career-related content” in their curriculum (ASA 2018)
- 33% include a career course (ASA 2018)
- *Teaching Sociology* provides examples of scaffolded career work across the curriculum

Download Resources



Syllabus



Assessment Instrument

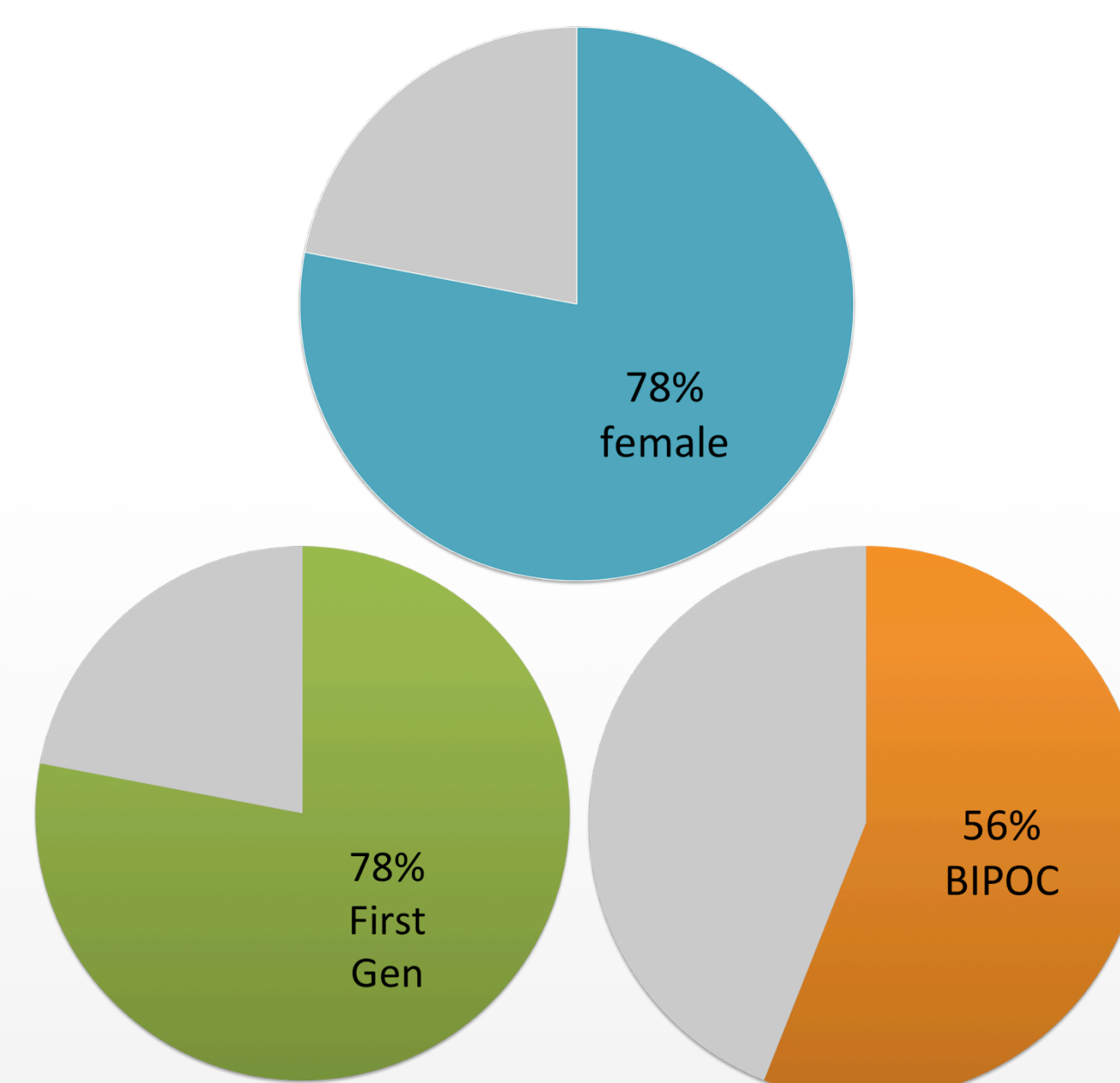


Paper

The Proseminar

- One unit 8-week required course for sophomores or juniors meeting once weekly face-to-face or asynchronously online
- Sociology instructors work with career staff who provide support on latest employment tools, mock interviews, and employer panel
- Instructors work with students to translate major and other skills and experiences into resume, cover letter, and other parts of the job or internship search process

All 18 Spring 2021 Students Participated in Assessment Pilot



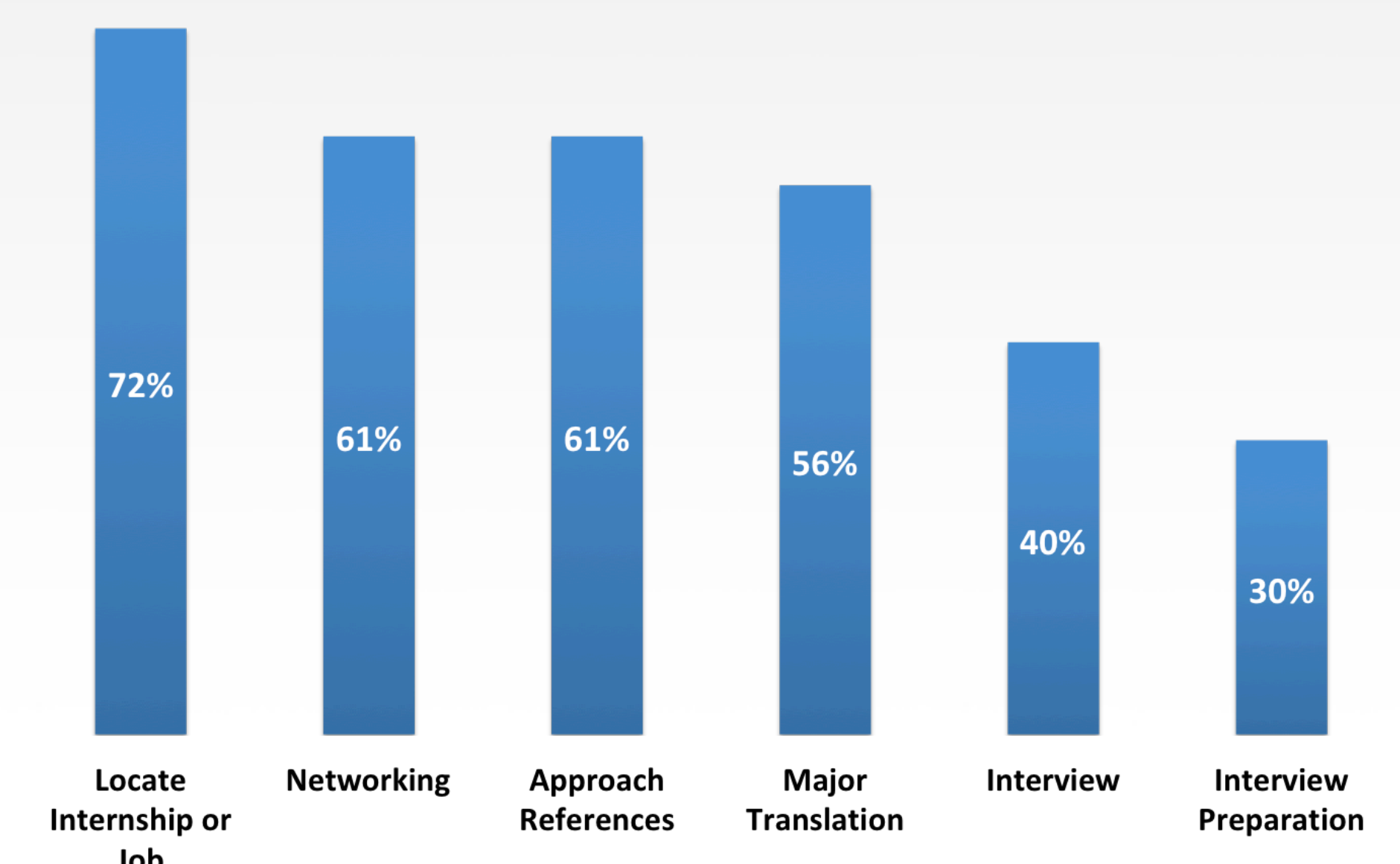
100%

“very important” or “important” to get support on developing their professional tool kit

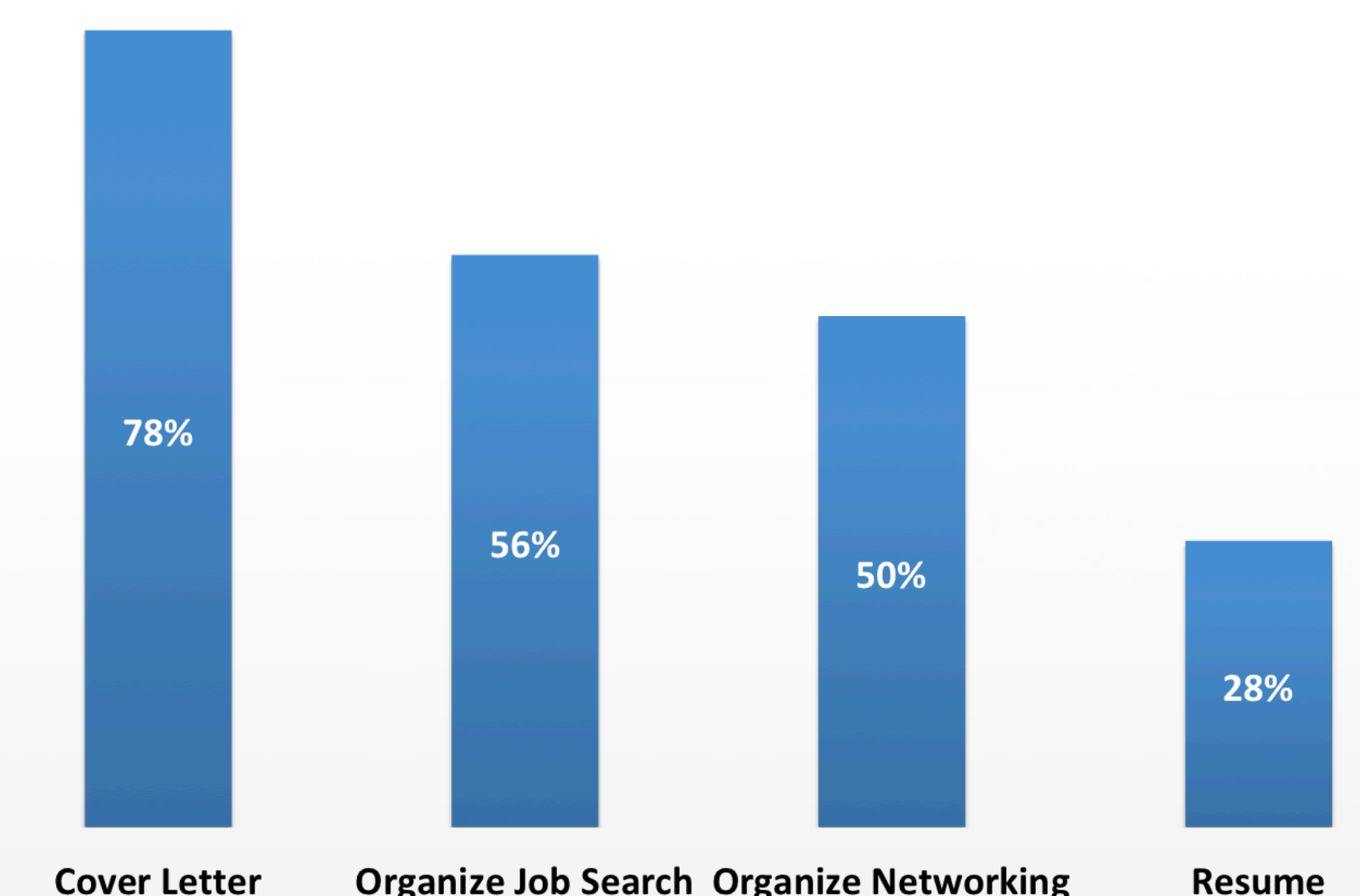


Findings

Prior to the Proseminar
More than Half of the Students Indicated **Low Confidence** in Soft Skills and other Areas such as Translating Major Skills to Job Needs



Prior to the Proseminar
Most Students Indicated **High Need for Support** with Creating Cover Letters and Systems for Organizing Job Search and Networking



Most Students Engaged Heavily in **Networking Activities** and Translating Major Skills to Resumes and Cover Letters

