



## General Information for Students

### What is Level Up?

*Level UP: Experience Your Future* is a campus-wide program designed to help prepare you for your future career. The program uses hands-on, high impact experiences (e.g., undergraduate research, education abroad, service learning, and internships) to “level up” your critical career skills, like oral and written communication, critical thinking, teamwork, and professionalism. This program is supported by the Center for Career Development and Experiential Education.

### What are the goals of Level Up?

The *Level UP* program has several goals:

- To help you develop the key career skills that are valued by employers in hiring decisions;
- To help you learn to articulate how you use valuable career skills in your discipline-related work;
- To involve more students in faculty-mentored high impact experiences in their chosen disciplines.

### What career skills can a student Level Up?

In each *Level UP* experience, you will have the opportunity to master one of five critical career skills:

- Oral Communication
- Written Communication
- Critical Thinking
- Teamwork
- Professionalism

You also will learn how to “*Level UP*” how you talk about using these important skills in your discipline. Using a structured technique known as the STAR Method, you will gain experience in how to “sell” these strengths in a job or graduate/professional school interview.

### What is a Level Up Experience Like?

In your *Level UP* experience, you will work with faculty mentors on hands-on projects through undergraduate research, education abroad, service learning, or an internship. In each experience, you will practice one of the key career skills (i.e., written or oral communication, critical thinking, teamwork, or professionalism) through assignments or prescribed activities. Faculty will provide targeted feedback on your skills, and then you will use the feedback in the next assignment or activity. You will reflect upon your progress at multiple points during each experience and learn to use the STAR method to provide compelling stories from your projects about how you use your skills in your discipline.

## Why should students seek to **Level Up**? What are the student benefits?

Students should take advantage of *Level UP* experiences because they are associated with many current and future benefits:

- They lead to deep learning in your discipline.
- They build skills that are important for success in college classes.
- They help you connect with faculty and build your professional network.
- They increase the chance you will stay in school and graduate.
- They allow you to document your initiative to improve and, if you master the skills in the experience, they can lead to university-level recognition.
- They build skills that make you more competitive in the job market, and help you move up in your career.
- They help you learn how to convince others that you have high-level skills, and that you can use them in your chosen field.

## How can I find a **Level Up** experience?

You can search for *Level UP* classes in the Self-Service Portal course offerings list – use the search tool to see all *Level UP* courses or find ones that foster a particular skill or use a specific high impact strategy. Just look for the **LevelUP** logo next to the course and click the title to see more details about how the class is designed. *Level UP* classes also have special section numbers (i.e., 700s) so you can recognize them readily.

- If a course has more than one section, it is possible that some may be *Level UP* classes and some may not. Students can tell which is a *Level UP* opportunity by looking for the **LevelUP** logo.

If you need assistance in finding the right kind of *Level UP* experience, or if you need financial assistance to participate in one, please email [levelup@moreheadstate.edu](mailto:levelup@moreheadstate.edu). Our staff will connect you with resources and help you find the perfect opportunity to *Level UP*.

## How will MSU recognize student participation in the **Level Up** program?

When you complete an official *Level UP* course, your transcript will document the high-impact experience used in the class and career skill fostered. You can use the transcript as evidence that you took the initiative to build your skills, or that you engaged in hands-on learning opportunities.

In addition, students who demonstrate *two* kinds of mastery through their *Level UP* experiences (i.e., both mastery of the targeted career skill and mastery at articulating evidence of their skill level using the STAR Method) will earn one of the University's highest student honors – a Distinction. Distinctions will be noted on your final transcript, and you will be given a certificate and pin to recognize your work. Although distinctions will be challenging to earn, they are clear evidence of your high-level skills that you can share with potential employers.

There are five distinctions possible through the *Level UP* program, and students may seek to earn them all. They are:

- Distinction in Oral Communication
- Distinction in Written Communication
- Distinction in Critical Thinking
- Distinction in Teamwork
- Distinction in Professionalism