

# Using Education and Training to Fuel Your Career Goals

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Summer is a great time to focus on personal and professional development through courses and training. There are many online courses and webinars available that allow you to learn new skills and gain knowledge from anywhere. **Investing in your education and training can help you achieve your career goals and stay competitive in your field.**

Here are a few tips for using summer learning to your advantage:

- **Identify your goals.** What do you want to achieve by the end of the summer? Once you know your goals, you can start to research courses and training opportunities that will help you reach them.
- **Be realistic.** Don't try to do too much at once. Choose a few courses or training opportunities that you can realistically complete in the time you have available.
- **Set a schedule.** Once you've chosen your courses or training opportunities, create a schedule for yourself. This will help you stay on track and make the most of your time.
- **Find a support system.** Let your friends, family, and colleagues know that you're taking summer courses or training. They can offer encouragement and support when you need it.

Summer learning can be a great way to improve your skills and knowledge, advance your career, and achieve your goals. By following these tips, you can make the most of your summer learning experience.

## Tips for choosing the right course or training opportunity

- **Consider your learning style.** Some people learn best by reading, while others learn best by listening or doing. Choose a course or training opportunity that is aligned with your learning style.
- **Read reviews.** Once you've found a few courses or training opportunities that interest you, read reviews from other students. This will help you get a sense of what the course or training is like and whether it's a good fit for you.
- **Talk to your network.** Ask your friends, family, and colleagues if they have any recommendations for courses or training opportunities. They may be able to point you in the direction of a course or training that you wouldn't have found otherwise.
- **Consider taking an online course offered by Coursera.** You may be eligible to take Coursera classes at no cost to you during your job search through RochesterWorks. Contact [Coursera@rochesterworks.org](mailto:Coursera@rochesterworks.org) to find out more.

Choosing the right course or training opportunity is an important step in making the most of your summer learning experience. By following these tips, you can find a course or training that will help you achieve your goals.

## Action Item

Identify one area where you would like to improve your skills or knowledge and research courses or training opportunities that can help you achieve that goal. Sign up for a course or webinar and commit to completing it by the end of the summer.

**Fun Fact:** Studies have shown that individuals who invest their summers in acquiring new skills and knowledge are 30% more likely to attract employers' attention and land their dream jobs.