

**SDMyLife Network** is part of SDMyLife.com, an online career guidance and planning system implemented state-wide reaching over 60,000 grade 7-12 students. By participating in SDMyLife Network, you can coordinate any number of activities that your organization wishes to participate in. Go to [www.sdmylife.com/network](http://www.sdmylife.com/network) to sign up and select any of the activities listed below.

**SHORT-TERM ACTIVITY**

**COMPANY PROFILE**  
1-2 hours/week

Respond to students' questions related to your company through a mediated online discussion board

**CAREER COACH / COMPANY DISCUSSION FORUM**  
1-2 hours/week

Respond to students' questions about a particular career while providing advice and encouragement through a mediated online discussion board

**GUEST SPEAKER**  
1-2 hours

Speak to a class about your career experiences and expertise.

**COMPANY TOURS**  
1-3 hours

Give a tour of your workplace to students

**CAREER FAIR**  
3 hours - 1 day

Host a booth or meet with a small group of students to showcase your company

**COMPETITION JUDGE**  
1 hour - 1 day

Be a student competition judge

**TEACHER EXTERNSHIP**  
1 day

Host professional development opportunities for teachers to gain knowledge about your industry and how to apply it in their classroom.

**MOCK INTERVIEWER**  
30 min - 1 hour

Practice Interviews with students and provide constructive feedback to equip them with job interview skills

**MEDIUM-TERM ACTIVITY**

**JOB SHADOWING**  
1 - 3 days

Take a student through the daily ins and outs of your job

**SERVICE LEARNING OPPORTUNITIES**  
60-75 hours

Provide students with hands-on volunteer experience at your company by developing a meaningful projects.

**SCHOLARSHIPS**  
N/A

Provide students a scholarship program tailored to your company or industry needs..

**LONG-TERM ACTIVITY**

**COMMITTEE MEMBER**  
Varies

Participate by contributing in any of the SDMyLife committees to help reach the organizations goals.

**YOUTH INTERNSHIP/ PROJECT SUPPORT**  
75-150 hours

Take on an intern during the school year to either show him/her what it is really like working in the field or help guide the development of their school project.

**SUMMER PART-TIME JOB**  
6-16 weeks (may vary)

Take advantage of the summer months or after-school hours to give students valuable work experience and teach them the values of making money in the real world.