

Take a Triton to **WORK.**

STUDENT FAQ + GUIDE

What is Take a Triton to Work?

Take a Triton to Work connects current students with alumni to explore potential career paths without the pressure of grades or full-time internship commitments. Students can ask questions, exchange information and receive career and professional development guidance via a meeting or job shadowing experience.

Why participate?

- Explore a pathway into a career field and gain insights into the life of a working professional.
- Experience a workplace firsthand and gain an inside perspective of a specific organization or industry.
- Engage with successful Tritons to understand how to apply formal education and experiences effectively.
- Assess "fit" with a particular career, industry, or organization.
- Connect with UC San Diego alumni who are eager to support career development.
- Gain practical, real-world experience and practice networking.

How do I participate?

To be paired with an alumni partner for the 2025 session, join [Tritons Connect](#).

- Complete/edit your profile by clicking on **"Edit Profile."**
- Upload a photo.
- Include three **Industry/Research** interests as well as **Major** and **College/Professional School**
- Scroll down to the **"Seek Mentoring"** section and select **"Take a Triton to Work."**
- If you have a LinkedIn profile, enter the URL and other social media links, and be sure to include additional interests, experiences and affinities.
- Scroll down to the bottom of the page and click on **"save."**

Pro-Tip: Your complete Tritons Connect community profile serves as a reflection of you and is essential for matching, engaging with others, networking and personal branding.

What is the matching process?

Participating alumni and students will be paired and notified. After you've been paired, reach out and send a friendly message to introduce yourself to your alumni partner. Respond to his or her communication in a timely manner, exchange information and confirm the meetup.

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When is Take a Triton to Work?

Beginning on October 30, 2025, students who've been paired with alumni will reach out to introduce themselves and initiate a career conversation to happen leading up to and through Friday, December 19, 2025.

Alumni hosts and students can choose dates that work best for them.

What does a typical meetup look like?

The length and structure of the experience is determined by the alumni host and may range from a virtual career exploration experience, to an in-person job shadowing visit. This is an opportunity for you to learn more about your host's career choice and the path that led them there. Similarly, you are encouraged to share insights about yourself, the university and discuss today's learning experience.

What are my responsibilities as a student?

You will send an initial message to introduce yourself and start a conversation, respond to messages in a timely manner and confirm and participate in the professional development experience in an open and friendly way. If you and your alumni partner are comfortable doing so, please take a photo or grab a screenshot of your Take a Triton to Work meetup and post it on Tritons Connect and other social media channels. Show our Triton pride by using #TakeATritonToWork. Following the meeting, please feel free to share feedback about the program.

Can I meet with more than one alumnus/a?

This program pairs students and alumni for a 1:1 match. When the program concludes, you may choose to continue reaching out to more alumni through Tritons Connect.

Can I choose a specific alumnus/a?

No, for this program we are leveraging the Tritons Connect algorithm to facilitate each match.

I'm ALL IN and have signed up to participate! Any words of wisdom regarding how best to prepare?

Fantastic news! This is a great opportunity to network with alumni and get valuable career advice. Your alumni partner can offer useful perspectives on life after college, including their professional experiences after graduation, expanding one's network and more.

Tips to make a connection with your match

After you are matched with an alumnus/a partner, send them a message to coordinate either an in-person or virtual meeting.

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Introduce yourself

Introduce yourself with enthusiasm. Include your UC San Diego college and major, expected graduation year, career or industry interests and any questions in your initial communication. After your mentor responds, follow up to schedule and confirm the meeting.

Plan for your meeting

How can I prepare for a productive conversation?

Before meeting with your mentor, review their Tritons Connect profile and research their industry and employer via LinkedIn.

What questions should I ask?

Here are some general questions you may ask to get the conversation going:

- Please tell me about you and your current role and something you truly enjoy about your work and workplace.
- What does a typical workday look like?
- What are your major responsibilities?
- What skills or abilities are most important to succeed in your role?
- What's an interesting project you're working on?
- How did you get started in this field?
- How did your educational background prepare you for your current role?
- How did you decide on an academic major when there are so many options?
- What experiences did you have as an undergrad that prepared you for working in your industry?
- What trends do you foresee in your field?
- What core values are important to you and your organization?
- What advice/suggestions do you have for someone who wants to gain experience in your field?
- How did you navigate the job search process for your first job?
- What do you know now that you wish you knew when you were in school?
- What are the opportunities to advance within your company or outside your company?
- Do you have any additional advice to help me prepare for my career search?

Bring an open mind

Everyone has experience you can benefit from, even if they did not attend the same UC San Diego college or professional school, or pursue the same major area of study. Ask about their school, volunteer and extracurricular experiences, special skills, interview/CV advice or tips on how to improve your Tritons Connect and/or LinkedIn profiles. It is always good to receive a variety of perspectives and build a diverse network.

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What should I do after the meeting?

Write to your mentor. Send them a friendly thank you note and mention something interesting or meaningful that you learned through your conversation. If it makes good sense to do so, express an interest to stay connected.

Any other tips?

- Review networking advice, [here](#).
- Download and browse the [Triton Career Guide](#) for helpful tips and information.
- Download templates and prepare a stand-out resume, [here](#).

What if I have questions and need help?

Drop-in advising with a Career Peer Educator is available so that you can make the most out of Take a Triton to Work and other opportunities via Tritons Connect. You can also book a 1:1 appointment with a Career Consultant through Handshake. Discuss strategies for making the most out of your career exploration experience, the importance of showing initiative and how to follow through to build meaningful connections and relationships.

[Visit the Career Center Advising site](#)

Contact

If you have questions or need advice leading up to your match experience, Career Center advisers are available to help. You can contact us at careercenter@ucsd.edu.