



University of  
Pittsburgh

Office of the Provost  
Graduate Studies

# The Graduate Career Foundations Online Learning Platform

*powered by*



**Suitable**



**TRACK EXPERIENCES  
OUTSIDE THE CLASSROOM**



**FIND OPPORTUNITIES TO  
ENGAGE**



**EARN DIGITAL  
CREDENTIALS, LIKE BADGES**



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What would you like to find?



Browse Categories ▾

Pittsburgh ▾ Staff ▾



Sign In ▾

### Share your thoughts with Dean Adam Leibovich... ✕

Faculty, staff and students in the Kenneth P. Dietrich School of Arts and Sciences and the College of General Studies are invited to the monthly virtual sessions. ... [view more...](#)

### Who will win the Mountain Cat Cup? ✕

New students will compete to be the best orientation group on campus on Aug. 26. <https://www.pitt.edu/pittwire/announcements-and-u...> [view more...](#)



[VIEW ALL](#)

## Student, Faculty, and Staff Resources

Student, Faculty, and Staff Resources

suitable

Filtered by: Pittsburgh Staff

**Tasks**

- Access Suitable (Suitable) UPP
- Catalog of Opportunities UPP
- Tutoring Services

**Task Centers**

- Catalog of Opportunities UPP

<https://www.pitt.edu/pittwire/announcements-and-u...>  
[view more...](#)

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[view more...](#)

VIEW ALL

## Student, Faculty, and Staff Resources

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[view more...](#)



VIEW ALL

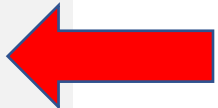


Access Suitable

Suitable (Pittsburgh)

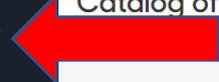


Start





## Catalog of Opportunities



Dashboard

Activities

Approvals

Resources

UNIVERSITY OF PITTSBURGH,  
CATALOG OF  
OPPORTUNITIES



Engagement  
Last 12 months ▾

19%

Activities Created  
By Anyone ▾

9,854

[View Activities](#)

Student Activity Completions  
Last 12 months ▾ All Activities ▾

62,134

Pending Approvals

133

[Review Pending Approvals](#)

Pending Activity Requests

2

[View Activities](#)

Total Students

38,249

[View Students](#)



# Catalog of Opportunities

Dashboard

Activities

Approvals

Resources

## Switch to Catalog



Catalog of Opportunities

Publisher

## Switch Dashboard



Graduate Career Foundations

Admin



myPittGlobal

Student



Pitt Business OCC

Advisor



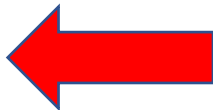
The JD Competency Briefcase

Advisor



The Outside the Classroom Curriculum

Advisor



Activities Created

854

Student Activity Completions

Last 12 months

All Activities

62,134

Outgoing Activity Requests

Total Students

38,249

[View Students](#)

UNIVERSITY OF PITTSBURGH  
CATALOG OF OPPORTUNITIES





## Graduate Career Foundations

Send Push Notification

Profile

Dashboard

Notifications

Activities

Approvals

Achievements

Leaderboard

Explore

Resources

UNIVERSITY OF PITTSBURGH,  
GRADUATE PROGRAMS



Engagement

Last 12 months ▾

4%

Activities Created

By Anyone ▾

63

[View Activities](#)

Student Activity Completions

Last 12 months ▾

All Activities ▾

5

Pending Approvals

0

[Review Pending Approvals](#)

Pending Activity Requests

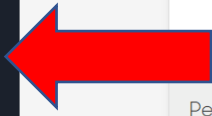
0

[View Activities](#)

Total Students

11,172

[View Students](#)





UNIVERSITY OF PITTSBURGH

- Profile
- Dashboard
- Notifications
- Activities
- Approvals
- Achievements
- Leaderboard
- Explore
- Resources

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Admin

## Graduate Career Foundations

### Achievements

Collections of experiences that provide measurable goals.

Add New Achievement

Search achievements by name

Featured Milestones Archived

Get achievements report from current search



#### Communication & Networking

Learn to communicate in a clear and organized manner so that others can...





#### Self-Exploration & Personal Development

Identify areas for continual growth while pursuing and applying feedback. Also, learn t...



#### Leadership & Management

Develop your ability to motivate and inspire others by encouraging them and by building...


  
 Profile
   
 Dashboard
   
 Notifications
   
 Activities
   
 Approvals
   
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 TREVIENE HARRIS
   
 Admin



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### Research & Analytical Thinking

Understand how to accurately summarize and interpret data with an awareness of biases...



### Cultural Awareness

Enhance your awareness of multiple cultural perspectives to help you make inclusive and...



### Teaching

Develop core skills like instructional delivery, classroom management, and effective...



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## Graduate Career Foundations

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### Self-Exploration & Personal Development

Identify areas for continual growth while pursuing and applying feedback. Also, learn to develop plans and goals for one's future career.

Earn 60 points to achieve the Self-Exploration & Personal Development competency.

Student List  
All Students

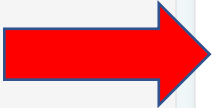
#### Requirements



Earn 60 points in Self Exploration & Personal Development

60 pts required

Added by



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- Profile
- Dashboard
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### Critical Thinking



Level 1 SD

10 pts

Added by

Requires Submission

Self-Awareness

General

PMI Professional Development Unit



### Prioritizing Your Tasks



Level 1 SD

10 pts

Added by

Requires Submission

Successful Planning and Organization

General



### Getting Things Done



Level 1 SD

10 pts

Added by

Requires Submission

Successful Planning and Organization

General



### Discovering Your Strengths



Level 1 SD

10 pts



- Profile
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## Graduate Career Foundations

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Requires Submission

### Prioritizing Your Tasks

Learn to prioritize your tasks efficiently and consistently. This short course shows how to schedule your time in relation to what's most important and what will have the most significant impact on your work. You will get more done, more efficiently, while increasing the value of your time and saving more of it for the things you love. **Once complete, upload your Certificate of Completion from LinkedIn Learning here.**

#### Competencies Built

Self Exploration & Personal Development

Level	Earn Points
1	10 pts

#### Relevant Links

[Click here to view the activity on LinkedIn Learning](#)



**Required Step\*** Activity completion with submission

Add your submission description\*

#### Tags

Successful Planning and Organization

General

#### Added by

Graduate Programs