

WHAT IS iFIT ONLINE?

iFIT ONLINE® is a self-guided, interactive e-learning module for career/major exploration & planning. For maximum accessibility to our unique student population, this tool is accessible 24 / 7 / 365 via go.uic.edu/iFITONLINE.

iFIT ONLINE® is similar to our in-person iFIT group program, only it is entirely online and accessible to the students who – for various reasons – don't come in to meet with us. The module is meant to be taken over several weeks in a similar way to a course. There are multiple reflective activities or "homework" integrated throughout to deepen learning.

NOTE: The contract for **FOCUS2** – a related tool previously offered – has not been renewed this year, and is no longer available. iFit Online is offered in its place.

WHY iFIT ONLINE®?

- Many students need major exploration and career guidance, but we are not staffed to individually address the needs of 29,000+ students
- Students are becoming more used to "on-demand" educational technology
- UIC has a commuter student population of over 80%, necessitating a greater need for distance learning/e-services
- Not every student wants 1-on-1 advising

BENEFITS OF CAREER PLANNING:

- Facilitates more appropriate goal setting, academic decision making, and course selection which heightens commitment, and the probability of retention. (*Gardner, 1998, 2003*)
- Increases motivation, improves academic achievement, increases retention, and less time to graduate. (*Gillie, S. & Gillie-Isenhour, M., 2005*)
- Timely college degree attainment is influenced by the interests / major congruence of students (*Allen, J. & Robbins, S., 2010*)

HOW ADVISORS CAN USE iFIT ONLINE®:

- May use this module/tool in part or in its entirety in a first year experience class
- At the end of the module completion, students will complete a brief survey and receive a certificate (perfect for tracking engagement/learning)
- As a supplement to one-on-one advising appointments – given as "homework" to be done between appointments.