

# iFIT ONLINE®

## WHAT IS iFIT ONLINE?

iFIT ONLINE® is a self-paced, interactive e-learning module for career/major exploration & planning. For maximum accessibility, the tool is available 24 hours a day / 7 days a week / 365 days a year. This on-demand learning is ideal for the busy student.

The module is meant to be taken over several weeks in a similar way to a course. There are multiple reflective activities and action items integrated throughout. Take your time with it to get the most out of it!

## WHY iFIT ONLINE®?

Unfortunately, there's no crystal ball or magical formula that tells you what to do. Career decision-making is a process of self-discovery. It takes time. iFIT ONLINE guides you step-by-step to reflect on who you are and explore options that match you well.

With a career goal in mind, you'll be more likely to feel motivated and dedicated to your studies, do better academically, and feel more confident in who you are becoming.

## IMPORTANT NOTES:

- Access the e-Learning module at [go.uic.edu/iFITONLINE](http://go.uic.edu/iFITONLINE).
- Use **INTERNET EXPLORER ONLY** for full functioning (some elements are not viewable in Chrome or Firefox browsers).
- Answer a brief survey at the end to receive your **certificate of course completion**.

## NEXT STEPS:

Should you need additional support or guidance on your major/career questions, please make a one-on-one appointment with a career advisor. Contact UIC Career Services at 312.996.2300 | [ocs@uic.edu](mailto:ocs@uic.edu).



**Career Services**  
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