

# NOTICE BOARD

Monthly Events & Opportunities

## Event:

### 7th Annual College 2 Career Expo

Wednesday, November 17, 2010

11 a.m. – 3 p.m.

La Renaissance, East Windsor, CT

This event provides the greatest opportunity for employers to meet with potential candidates and for college students to learn about the great career opportunities the area has to offer.

## Opportunity:

### Master of Social Work Open House

Sponsored By the Bachelor of Social Work Program

Tuesday, November 16, 2010

1:30 p.m. – 4:30 p.m.

Johnson Room, Student Center

Each year the social work program sponsors a Master of Social Work session which students may attend to learn more about Social Work graduate programs, the schools that offer them and requirements of graduate school.

## Internship Hotlinks:

**Internships.com** | Internship Database

<http://www.internships.com>

Internships.com is the largest online database in the world focused solely on internships. It contains internships from companies large and small, local and international, and exposes students to opportunities they wouldn't find anywhere else.



# The EASTERN EXPERIENCE



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## NATIONAL CAREER DEVELOPMENT MONTH

Each November the National Career Development Association encourages individuals at every stage of their career development to stop and take a moment to ponder: "Where have I been? Where am I now? And where am I going?"

In recognition of National Career Development Month, the Office of Career Services would like students to explore the many career development opportunities at Eastern and consider:

- Joining one or more of the many clubs on campus
- Writing for the Campus Lantern
- Participating in community engagement projects
- Running for a SGA office
- Coordinating an intramural team
- Serving as a tutor or peer advisor
- Getting a job on campus
- Finding a summer internship
- Visiting your career counselor

**National Career Development Week: Nov. 15 -19**

**National Career Development Day: Nov. 17**

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**facebook**

CAREER SERVICES IS ON FACEBOOK!

"Like" Career Services and get access to daily job and internship postings, and the growing network of nearly 600 Eastern friends!

## TypeFocus™ Careers | Discover Your Career Personality

Still undecided on a major? TypeFocus is an interactive online personality assessment that helps you determine the right choice for your future. By using TypeFocus, you learn about different career opportunities for each major and gain self awareness. TypeFocus will help link your strengths, interests, skills and personality to specific careers. Basically, TypeFocus will help you "focus" on what kind of career you may want to pursue! TypeFocus even takes into account starting salaries and necessary skills for specific occupations. Once you have completed TypeFocus, meet with a Career Counselor to review your results. The TypeFocus personality assessment and other great major based tools can be accessed through Career Services online resource page at:

[www.easternct.edu/career/webresources/onlineresources.htm](http://www.easternct.edu/career/webresources/onlineresources.htm)

### Internship or Co-Op?

Students know that to be competitive in the job market, it is a smart idea to graduate with internship and/or cooperative education programs. But what's the difference – and which one is the right choice?

Internships are generally part-time with flexible hours. Some are paid, while others are unpaid with the opportunity to earn academic credit. Internships are available during the fall, spring and summer sessions. Each academic department at Eastern Connecticut State University has information on internship requirements for their major.

A co-op is usually a full-time, paid position. Students who take part in a co-op may alternate between school and work each semester or can choose participate in the co-op only during their winter and summer breaks. Unlike internships, students do not earn academic credit for co-op. Whether an internship or co-op is the right choice, both offer the opportunity to apply classroom knowledge to real-world situations, acquire new skills, explore career choices and build a network in an industry of interest.

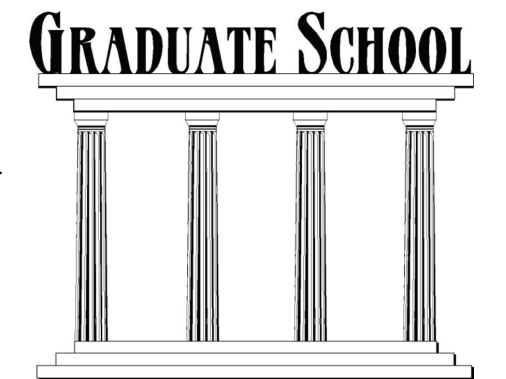


Left to right: Lauren Guerrere, Krystyna Stefak, Eddie Brown, Courtney McBurney, Patricia Parks

Eastern is "A Liberal Education. Practically Applied." Schedule an appointment with a Career Counselor today for help finding internships and co-ops.

### Thinking About Graduate School?

Having trouble deciding what to do after Eastern? Think the answer may be graduate school? Before jumping into the world of higher education, consider these questions first:



- Do you have an interest in a particular academic area?
- Does the career you intend to pursue require an advanced degree?
- Will this advanced degree lead you to where you want to be professionally or personally?
- Are you continuing your education simply because you are afraid of the alternatives?
- Can you make the necessary commitment in time and effort?
- Can you afford graduate school and how do you plan to pay for it?

If you are uncertain of the answers to any of these questions, then graduate school may not be the most suitable choice for you right now. It may be more suitable a few years down the road. However, it is never too early to begin planning ahead. Going to graduate school is a decision that takes time and thought. For more information on how to apply to graduate schools, or help on determining if graduate school is the right choice, visit Career Services online at: [www.easternct.edu/career/webresources/onlineresources.htm](http://www.easternct.edu/career/webresources/onlineresources.htm)



Presenters Maleska Rios-Bowen and Jennifer Holmes with M.A.L.E.S members

### INROADS "First Impressions" Workshop

On Oct. 4, INROADS presenters Maleska Rios-Bowen and Jennifer Holmes spoke with student groups about "First Impressions" as they relate to gaining employment and internship opportunities. INROADS is an organization whose mission is to develop and place talented minority youth in business and industry, preparing them for corporate and community leadership. Their insightful workshop discussed varied topics from the proper handshake to appropriate interviewing attire helping students present themselves in a professional manner.