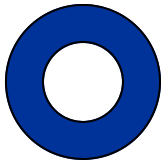


CAREER SERVICES E-NEWS! LETTER

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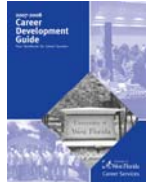


CAREER SERVICES: ON-CAMPUS *AND* ON-LINE!

In addition to the resources we already had available online such as the yearly Career Development Guide, resources for choosing a major or career, Jason-Quest, and the weekly E-minder, we now offer additional tools. To check these out visit uwf.edu/career and follow the link to "online resources." Here you will find 2 new resources. First,

we now offer four online workshops, which are short videos focusing on CoOp-erative Education, Interviewing Tips, Choosing a Major, and Networking. The second new feature is called "What Can I Do With This Major?" Within this section students may view a list of majors that are offered at UWF or that are comparable to those at UWF. The

information contains different industries that people with that major typically pursue, the type of organizations that hire that major, and strategies a person can take to develop the needed skills for that major. In addition, the page offers external links to additional resources for each major.



DON'T CANCEL CLASS!

Lauren Loeffler

Need to be away from your class one day? Something unexpected arise that requires you to cancel class? Well, don't! "Don't Cancel Class" is a Career Services program that lets you take care of your business while we come and speak to your students on one or more of

a variety of topics that will undoubtedly help them in the near future. Some topics include resume writing, cover letter composition, interviewing skills, service learning or job search strategies! To request a speaker, you can visit us online at uwf.edu/career -> choose "Career Ser-

vices Events" -> then click on the "Request A Workshop" link. You can also request a speaker by calling 474-2254. Let us know the date, time, number of students expected and a few weeks advance notice to set things up and you're good to go!

If you would like further information on any our events or articles, feel free to contact us!

- Lauren Loeffler (Career Planning), lloeffler@uwf.edu
- Nathan Ford (Employer Development), nford@uwf.edu
- Patrice Friant (Experiential Learning), pfriant@uwf.edu
- Tiffany Jurey (Service Learning and Volunteerism), tiffanyjurey@uwf.edu

The title of each article will be followed by the appropriate contact to reach for correspondence.

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CAREER SERVICES

MOCK INTERVIEW DAY

Laura Mackenzie, Employer Development

Career Services held their first Mock Interview Day for students and alumni on March 12th in the Conference Center. The goal of this event was to help better prepare students for real life interviews. Employers from various fields including Enterprise, The Lakeview Center and Northwestern Mutual Financial all

participated in this event by conducting mock interviews based on real jobs in their field. Everyone who participated enjoyed working with our students and look forward to returning to our campus for upcoming events. After their mock interview, students then met with a member of the Career Services Staff to debrief

and discuss what they learned about their strengths and weaknesses from their mock interview, and how to improve. Mock Interview Day was a great success and Career Services is proud to offer this program to students again in the fall semester on October 8th, 2008.



EXPERIENCE EXPO 2008

Patrice Friant

On Tuesday March 4th, Career Services sponsored their first ever Experience Expo. The expo was designed to give students an opportunity to network and apply for experiential learning positions such as co-ops, internships and summer (major-related) experiences. Over 50 employers and agencies participated talking to almost 200 students. Students were offered an opportunity to vie for a myriad of positions including the areas of Electrical Engineering, Human Resource Management, Hospitality and Hotel Management, Financial Management, Computer Sciences to name a few.

Prior to the Expo employers were invited to attend a workshop that offered advice on how to begin a co-op or internship, including some best practices and marketing positions to UWF students. They also received information about Volunteer UWF and Internship Pensacola. The session ended with a panel of co-op and internship participants including Tim Giertz, a co-op student working with CTS America, Taylor Biggs, a co-op student working with

SPAWAR, Dr. John Coffey, Associate Professor in Computer Science, Dr. Coffey has both advised and participated in co-op here at UWF. The panel also included Dr. Leonard Ter Haar, Department Chair for Computer and Electrical Engineering, Kelly Cooke with Escambia County Public Relations. Ms. Cooke oversees many UWF Communications interns. Mr. David Williams of Gulf Power/Southern Company filled out the panel. Mr. Williams and Gulf Power have been involved in multiple career services event on campus as well as great supporters of the UWF co-op and internship programs. Feedback regarding the Expo and the workshop was very positive.



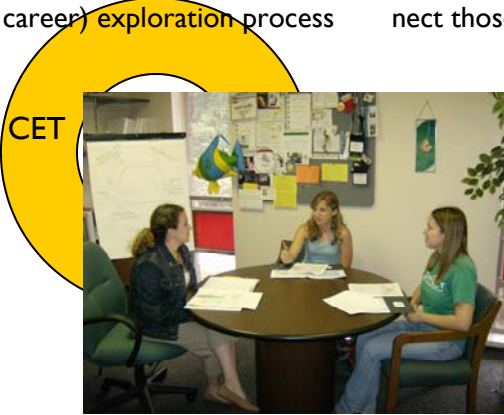
CAREER EXPLORATION TEAMS

Lauren Loeffler

A new structure for career coaching was implemented Spring 2008, Career Exploration Teams. This program offering was developed as a response to our increased student requests for assessments and career exploration. Two such “pilot” teams were conducted this semester with two facilitators, who guided the students through the (major/career) exploration process

together. Each team met for 4 sessions and used assessments such as the Myers Briggs and the Strong Interest Inventory as guides in the process. One student who participated in a team had this comment to share about his experience: “The self-exploration components were helpful in that they helped me to identify my values so that I could connect those to a major and a

career.” In response to what components of the team were most helpful, one student responded, “Personal attention, feedback, and having others around with the same problems.” Overall, all participants, upon completion, said they felt that they now had more direction and left with goals to continue their exploration process.



BREAK AWAY: ALTERNATIVE SPRING BREAK

Tiffany Jurey

Breakaway- An Alternative Spring Break (ASB), the UWF chapter spent spring break helping the homeless population in Washington, D.C. During the week of March 15-March 22, Eleven students from UWF traded a traditional spring break experience to travel 18 hours to Washington, D.C. to service the homeless population and gain a better understanding of what it’s like to be homeless in America. Students worked with Youth Service Opportunities Project (YSOP) to assist the homeless population in soup kitchens, drop

in shelters, and recreational programs for children living in family shelters, including the Milestones Transient House, Catholic Charities, KIP Middle School, and the Capitol City Food Bank. The purpose of this trip was to enable students to dig deep into the issues of poverty and homelessness through service and education in hopes that they will become active citizens once they return to the Pensacola community. Breakaway—An Alternative Spring Break (ASB) is an alternative option for UWF students to engage in a potentially life-changing experience during spring break by con-

tributing their time and energy to a social issue. Breakaway is a national movement across colleges and universities that allow students to make a positive difference through service over Spring Break. Breakaway has eight key components built in to the program ensuring quality service and civic education; those eight components are: strong direct service, orientation, education, training, reflection, re-orientation, diversity, and alcohol and other drug free.

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