

## What Career Services Has to Offer

### What's Happening?

Welcome back from a well-deserved break. There has been a lot of activity going on in Career Services this semester. "**Cookies and Careers**" is off to a big start. This is a weekly career seminar on a variety of topics each Wednesday at 4:30 in 177 Dewey. This month the seminars will address searching for a job, graduate school, interviewing skills, and others. Don't miss out on important information and GREAT cookies!!

**On-campus recruiting** will be picking up with winter on its way. Stowe Mountain Resort will be here on October 14 11-2 in the LLC lobby, and Smuggs will be here October 21 and November 5 11:30 to 1:30 to recruit employees.

Take a look at the **new bulletin boards** outside the Advising and Career Center. One highlights career services available to all students; the other contains postings for jobs and internships. My office has been busy helping students create **professional resumes, cover letters**, as well as showing students some **great websites** for career exploration and job searches. Don't buy in to the myth that career services is for seniors only. The earlier you start, the better prepared you will be.

**Upcoming career events** are happening around Vermont. October 14 VTC will be having a career fair with over 90 companies represented. October 25 Seven Days will be holding their Creative/Tech career fair at Champlain College. Both events are free and a great opportunity for all students to do some exploring.

Join me in "Cookies and Careers" or make an appointment to see how we can help you with your career development while at JSC.

Heidi Wrighton,  
Career Services

### Opportunity Waits!

Ever heard the phrase "opportunity knocks?" The new phrase for the 21st century is "opportunity waits." There is plenty of opportunity in the 21st century, but it may not be where it used to be. The new rule is you have to actively go after it and be involved in planning your future. In the 21st century people will have many different jobs within multiple careers. This means that students will need to be resourceful, adaptable, flexible, and self-starters. With change comes opportunity, and we are living in a world that is filled with rapid change in every dimension.

So, students, opportunity waits...but it requires some effort on your part. In order to locate those opportunities, you will need to be actively engaged in finding them. Career development occurs naturally, but when done with intention, one is able to create and balance work you want to do within the type of life you want to live.

Here's what a group of career development experts came up after discussing what's important in career development:

#### The High-Five of Career Development

- Change is constant
- Follow your heart
- Focus on the journey
- Stay learning
- Be an ally

### October is Health Care Career Awareness Month:

<http://www.vthealthcareers.org> is where you can find out what's new in the health care field right here in Vermont. Health Care is one of the fastest-growing career pathways with changing opportunities to keep up with technology and demand. Find out if one is right for you.

#### Listen to speakers...

On <http://www.castleton.edu/careersCareerTalkRadio.htm>, Castleton State College's career talk radio show and listen to professionals talk about different careers, from interning in Senator Leahy's office to alternative medicine to careers in coaching, education, the law, marketing, media, etc.



Log on to JSC Connections to find jobs, internships, and volunteer opportunities nearby or faraway!!!



#### Socially-Responsible employment/internships

Orion Grassroots Networks is a great website to visit for jobs, internships, and resources in the area of environmental work, outdoor education, non-profit, socially-responsible, adventure-based work. Go to their website at <http://www.oriongrassroots.org/> and check it out. New jobs show up daily.

#### More Great Websites for Career Exploration

<http://jobweb.com/>  
<http://www.vtcareergateway.org/about/index.php>  
<http://labor.vermont.gov/>  
<http://www.quintcareers.com/index.html>  
<http://services.vsac.org/ilwwcm/connect/VSAAC>



