Career Planning Newsletter

Letter from the Interim Director

WELCOME BACK TO SUNY POTSDAM
SPRING 2016

Career Planning has experienced some major changes this past year. Karen Ham, Director since the 1990’s, retired in June. We thank her for all her years of dedicated service! We hired a Senior Level Counselor, Jodi Schneiderman (see last page for bio). And, we moved our offices from the second floor of Sisson to the first floor of Sisson, room 130!

In the upcoming semester we are especially interested in providing you career related services. We offer:

- Self-assessments to help define your major or career field
- Resume assistance
- Graduate school advice
- Cover letter and graduate school essay support
- Job search strategies
- Employer panels
- Networking events
- Interviewing Preparation
- Guides and resources
- Peer Career Advisors
- Career lending library

We hope you will utilize our services as we are FREE to you. We are available for individual appointments or drop in for our walk-in hours Monday-Friday 1:00-4:00 PM, in Sisson 130.

Sincerely, Meg Bain
Spring Events

Wednesday, February 3, 5:00-6:00 PM, Kellas 101
Senior Meeting
We will cover vital information seniors need to prepare for life after SUNY Potsdam, including job search and networking strategies, self-marketing tools, interviewing, graduate school, and more.

Monday, February 8, 3:30-5:30 PM, Fireside Lounge
Law Enforcement Panel and Networking Event

Monday, April 11th and Tuesday, April 12th, SUNY Cortland
Teacher Recruitment Days, sponsored by CNYCDA and Career Planning

Wednesday, April 20, 1:00-6:30 PM, PAC Proscenium theater
Economic Fusion
Come celebrate creativity, entrepreneurism, and networking with industry leaders. Economic Fusion is a series of three events.

Economic Fusion: Schedule of Events
1:00 - 3:00 p.m.: Creative Idea Competition
3:00 - 4:30 p.m.: Alumni Entrepreneurship Panel and Keynote Speaker
4:30 - 6 p.m.: Schmooze-A-Palooza
6:00 - 6:30 p.m.: Award Presentations

Creative Idea Competition
As a part of Economic Fusion, there will be a creative idea competition providing students with the opportunity to learn about brainstorming and pitching ideas, as well as connect with distinguished alumni and community members. Ideas must be submitted by February 26 at 4:00 PM. The top 10 entries will present in person on March, 16, 2015, and the top 5 entries will present during Economic Fusion on April 20, 2016. Prizes include $500 for 1st place, $250 for 2nd place, and $100 for 3rd place. To submit an idea, click here. For inspiration, check out these Ted Talks from two teenagers! First, 13 year-old Aidan Dwyer discusses a more efficient model for solar energy. Second, Jack Andraka talks about a promising test for pancreatic cancer.
Resources for You!

**InterviewStream**

InterviewStream is a web-based mock interview program, which lets you practice interviewing. You can also meet with a counselor to gain tips and practice!

**CareerSpots Videos**

CareerSpots videos provide quick, basic tips on job search, internships, and career exploration.

**Assessment tools to explore possible majors and careers:**

**FOCUS:** an online tool to help you assess interests, skills, values & personality and connect to careers.

**StrengthsQuest:** Discover your uniqueness through their top five talents.

**Myers-Briggs Type Indicator:** Connect personality type to career paths.

**VISTA Cards:** Uncover your values, interests, skills and traits through a card sort activity.

**Online Employer Search Tools**

1. **Career Shift:** provides a database of employers, contacts, and job postings

2. **NY Employers** and **US Employers** lists employers by majors of interest. Includes locations and descriptions.

**BearTracker**

You can view job postings, organizations, mentors, and events. Visit BearTracker [here](#).

Think Ahead!

Begin a **Reference File**.

A reference file at Career Planning contains recommendation letters and is used when you apply to graduate schools or employment.
Career Planning Checklist

Have you checked these career development tasks off your list yet? Meet with us and we can help!

Freshman / Sophomores
- Meet with a counselor to explore major and career interests.
- Register on BearTracker to search for on campus jobs, internships and jobs.
- Get involved with a student club on campus.
- Start thinking about applying to internships!

Juniors / Seniors
- Meet with a counselor to discuss internship/job search strategies.
- Use Optimal Resume to write a resume (we can review it!).
- Use InterviewStream to practice interviewing.
- Get assistance with your grad school application.

Student Success Story!

Rosemary and Christina Alubankudi were recently accepted into two graduate programs related to fashion, their dream career! They have officially accepted and will be attending the MS program in Fashion Global Enterprise at Philadelphia University.

1. What did you learn the most about applying to graduate school?  
   It requires a lot of time! For example, you can’t write a personal essay in a week. It is a process. Also, we learned to share more of who we are in the personal statement vs. vague statements. Basically, to tell our story in a professional way.

2. What are you most excited about in terms of graduate school?  
   Our passion is fashion and we now get to get study it! We can’t wait to take the courses and dig deeper into what we love. We are finally following our dreams!

3. Would you recommend other students get assistance with their application?  
   Yes, for sure! Don’t rely on yourself even if you are a good writer. Having an outside perspective is important during the application process and with your personal statement. You will get frustrated by others’ opinions, but be patient and have an open mind, because it will make your application stronger.

4. What advice do you have for other students?  
   Don’t just apply to graduate school because you don’t know what else to do or others say you “should.”. Make sure it is right for you.

Read this article in USA Today on Good, Bad, and Crazy Reasons to go to Grad School.
Meet The Staff

Meg Bain, Interim Director
Bonnie Marsh-Godreau, Secretary
Jodi Schneiderman, Senior Career Counselor
Sarah Noel, Public Relations/Marketing Intern
Grad Advantage Program Recipients (shared):
Danielle Healis and Roxanna Amiri

Work-Study Students

JOELLE DELGARDE
OLIVIA OROS
JENNIFER FLICKINGER
SAMANTHA BECKER

MARIEL DELEON
ROBERT FOWLER
KIAH SEXTON
SARAH NOEL

Goodbye, Danielle John!

We would like to thank Danielle John, Adjunct Instructor from the Art Department, for giving us her service while we underwent a search. We appreciate all the great work she did for the students. Thank you!

New Senior Counselor!

Hello! My name is Jodi Schneiderman and I was recently hired as the Senior Career Counselor in the Career Planning Office. I worked at the University of Colorado at Boulder for 10 years in the career services office. Therefore, I am thrilled to be back “home” in a career office. Most recently, I have been working in the Educational Opportunity Program (EOP) here at SUNY Potsdam for over a year planning events, coordinating leadership programs, and meeting with students to discuss major and career exploration and development.

I have two master’s degrees: Industrial/Organizational Psychology and Community Counseling. I have also worked as a Therapist with at-risk youth and a Change Management Specialist for Harley-Davidson Motor Company (yes, I did get my motorcycle license 😃).

In 2014, I moved to Potsdam, NY, when my spouse accepted a position as Professor of Anthropology at Clarkson University. We adopted a little girl from China just before the move and she has brought a lot of love to our home! In my spare time, I enjoy volleyball, hiking, and traveling as much as possible.

Contact Us!
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