

Fall 07, Volume 8

Freshmen & Sophomores
Fall into the Career Center

first.career@csun.edu

CSUN CAREER CENTER



Meet Your Peer Educators

What Do They DO?

The Peer Educators are here to help students begin their career decision process and provide walk-in assistance with resumes, cover-letters, and job search resources. You can talk to a Peer Educator about your career questions and related topics such as internships, graduate school, and the services that are offered by career counselors.

To reach the Peer Educators, call the Career Center at (818) 677-2878, or send an e-mail to careerpeers@csun.edu.



My name is **Wanda Pathom-rit**, I am of Thai Chinese-American descent but I was born and raised in California. Currently I am attending Cal State Northridge majoring in Criminology. I plan to get my masters degree in clinical psychology to become a correctional officer. I would like to work with delinquent juveniles. The reason why I decided to pursue this career path is because I want to help make a difference and most importantly understand young people who are trapped in an environment filled with violence and criminal activities.



My name is **Tamara Barden**. I am from Los Angeles, CA. I recently transferred to CSUN from San Diego State University in fall 2006. My major is Deaf Studies with an emphasis in Human Services. After graduation, I want to go into Student Affairs. Getting help from the Career Center helped me in making my career decision to go into Student Affairs.



My name is **Adekanbi Ogunade (Addie)**, an American of African descent, born in Lagos, Nigeria- West Africa. I transferred to CSUN from Los Angeles Pierce College where I earned Associate of Arts degree (AA) in 2005.

Currently a senior year student, I major in General Sociology with a minor in Childcare Administration.

My educational goal is to obtain a graduate degree in social welfare and policy with emphasis in child and family research studies. My career goal is to be a faculty member and a scholar contributing to social policy literature.

I enjoy politics and social issues in diversity forum.



Come Check Out Your Improved Career Resource Library

By Toni Aho, Career Advisor

Follow Your Star to University Hall 105!

What do I like?

Get Acquainted: Who am I?

You will spend a large part of your life in a work environment—how can you ensure that this setting will fit with your personality, values, and talents? This section includes many resources related to exploring your values and priorities related to how you want to live your life. The activities and information in this section is intended to help you explore your sense of purpose in life.

What are my talents?

What's important to me?

Do I feel passionate about something??

Get Going: How will I conduct my job search?

Now you have the drive, information, experience, and networks to get on the path to a successful and fulfilling career. How will you conduct a job search? This section provides help designing a stellar resume and cover-letter, interviewing techniques, and negotiating salary and benefits. This section also includes information on graduate school applications and interviews.

Get a Plan: Where do I belong?

Now that you have a better sense of your strengths and values, what livelihood options match with your qualities? This section provides insights into the characteristics related to many professions. There are also resources that discuss what opportunities may be offered within various majors. This exploration will allow you to begin setting goals and identifying the possible paths you may take to achieve them.



How do I market myself to employers?

How do I make my passion a career?

Get Prepared: How do I get the experience & qualifications?

With a plan in hand—how do you set that plan into action and begin to build your resume or portfolio? This section provides information and support throughout your experiences with internships, networking, and obtaining fellowships or scholarships for post-graduate training/education.

Get Started: How do I begin my journey?

With your roadmap in mind, how do you choose your initial route? Remember that no journey is set in stone. Using these resources, you can begin to develop a sense of confidence and build your professional identity. You begin to make decisions about the direction you want to take to achieve the goals you have identified for yourself including considering the experience you may desire.

What do I do after I choose my major?

How do I meet people who know about the kind of job I want?

Will an internship help me develop my strengths?

"In a world without heroes
There's nothing to be,
It's no place for me....."
-- Gene Simmons

HEROES INFLUENCE YOUR CAREER CHOICE

Try This Activity!

By Ross Berg, Career Counselor

Heroes and role models are people whose lives, values, and activities influence others in some way. We benefit from learning more about positive heroes when we discover that these role models are often ordinary people who have made extraordinary life choices. Heroes are important as they provide us with someone to emulate. Identification with role models and heroes is critical in the career decision-making process.

* Who do you consider to be a hero or role model in your life? (This could be a family member, teacher, celebrity, athlete, politician, fictional character, an individual living or deceased)

List five characteristics of this individual

1. _____
2. _____
3. _____
4. _____
5. _____

What characteristics and values do you share with this individual?



*How has this individual influenced your college major, career ideas and life decisions?

Strategies for making it through the first years of college

By Mia Henderson and Camile Wallace ~ CSUN Juniors

- **Plan** ~ Plan your course work, free time, any extracurricular activities, study time, attend class regularly.
- **Attend** ~ Just because you don't have to go to class, doesn't mean you shouldn't.
- **Be Realistic** ~ Carefully balance your extracurricular activities with your studies.
- **Don't Procrastinate** ~ Don't begin studying the day before the test: the longer you put assignments off the harder it is to catch up.
- **Be Responsible** ~ Make the best of your college experience and make yourself and your parents proud



Exploring Majors or Careers?

Career Planning 101: Career Exploration Workshops

Location: Career Center—UN 105

Sign-up at www.csun.edu/career

- ▶ **Choosing Majors and Careers: It's All About Me**
Discover which major or career is the best fit for your strength
Dates: Wed, Sept 12 ~ 1-3 pm Thu, Sept. 13 ~ 2-4 pm
- ▶ **Exploring Major's and Careers: What fits for Me?**
Salary, job outlook, education requirements you need to know!
Dates: Mon, Sept. 17 ~ 12-1pm Tues, Sept. 18 ~ 2-3pm
- ▶ **Making Decisions: Choices that work for Me**
Helpful steps for making the best decision about major or career.
Dates: Tue, Sept., 25 ~ 2-4 pm Wed, Sept. 26 ~ 1-3 pm
- ▶ **Setting Effective Goals: Making Plans for Me.**
Learn how to get on track.
Dates: Wed, Oct. 3 ~ 1-3 pm Thu, Oct. 4 ~ 2-4 pm
- ▶ **Gear-Up ! Career Planning for Sophomores**
Dates: Fri, Oct. 12 ~ 12-2 pm Thu, Oct. 18 ~ 2-4 pm

2007 Major Events for Freshmen and Sophomores

- ▶ **Open House** ~ Join us on Wed, Sept. 5 and meet the Career Center staff @ UN 105
- ▶ **Fall Job Fair** ~ Wed, Oct. 24 ~ Who's hiring? Check out www.csun.edu/career
Look for internships, F/T & P/T jobs! @ USU, Northridge Center
- ▶ **Experiential Learning Fair** ~ Thurs, Nov. 8 ~ Find an Internship!
- ▶ **CSUN & Beyond** ~ Wed, Nov. 14 ~ Career Information Fair @ Magnolia Walk (in front of BH)
- ▶ **Resumania!** ~ Come Have your Resume Critiqued by Professionals
Wed, Oct. 10 @ Sierra Center, 2nd Floor Meeting Room

Check us out on the web!

WWW.CSUN.EDU/CAREER

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