

Career Chronicle

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Find a Job You'll Truly Love

Remember in grade school when you were asked what you wanted to be when you grew up? Common responses probably included basketball player, singer, actress, or video-game tester. Go ahead and laugh, but as naive as those answers might seem, your childhood-self was actually onto something. Back then, you were not so concerned about eventually earning six figures, health benefits, or a 401K plan. You wanted a job that would be fun; a job that you would enjoy.

It is ok to be realistic. Financial security and employee benefits are important factors to consider when making career choices. The problem is that a lot of people will make them the sole factors. No benefits package is worth your overall happiness (even if it does include dental).

The fact of the matter is that you will be more successful working in a career where you are not only skilled, but in one that you also enjoy.

Lucky for you, Career Services can help you explore your options so that you can find a career that is perfect for you.

Peter: So I was sitting in my cubicle today, and I realized, ever since I started working, every single day of my life has been worse than the day before it. So that means that every single day that you see me, that's on the worst day of my life.
Dr. Swanson: What about today? Is today the worst day of your life?
Peter Gibbons: Yeah.
Dr. Swanson: Wow, that's messed up.

-Office Space

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Read further in this issue for more information about our career exploration services!



- Assessments
- Internships
- Informational Interviews
- Career Decision-Making Classes

Upcoming Events

- ◆ On-Campus Recruiting throughout February & March
- ◆ Road Trip Nation April 5



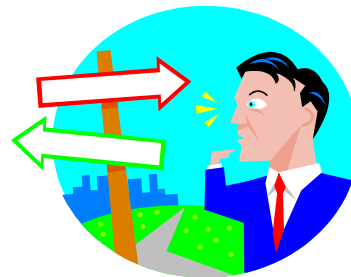
Career Assessments

What are your skills? What are your interests?

One of the first steps in your career exploration should be identifying your skills and interests. Reflecting on these aspects of yourself is important in determining what type of career is right for you. Sometimes it is difficult to think objectively about yourself. This is why Career Services offers several different assessments to help you identify the skills, interests, and personality traits that are important in making career decisions.

By making an appointment with a career counselor, you will have the opportunity to take the Meyers-Briggs Type Indicator, Campbell Interest and Skill Survey, and/or

the Strong Interest Inventory. Through a series of questions, each of these assessments will help give you more direction in your career exploration by identifying important areas of your personality, interests, and skills. This will help point you down the right path toward a successful and happy career. The results of these assessments will create a foundation for the rest of your career exploration.



Informational Interviews

Find out what this career is all about.

Informational interviews are some of the most direct and helpful ways of gaining information about a career or field that interests you. What is an informational interview? It is talking with a professional who works in a field that you are considering for yourself.

You benefit from this type of interview in several ways. You will be receiving first-hand information directly from the source.



This will almost always be more accurate than any information you may read in a book or on the internet when researching careers or industries. Your interviewee will be able to tell you what the day-to-day work load is like. What does he/she find most rewarding about the career? What are some of the challenges faced in his/her position?

Another benefit is to find out specifics about working in the field. It is easy to form an idealized vision of what a career would be like. An informational interview is the perfect way for you to acquire a more realistic idea of what that career entails and if it would be right for you.

Internships

You won't know until you try.

What is an internship and why should you pursue one? An internship is a temporary period of employment during which you have the opportunity to use the skills you have learned in the classroom by applying and developing them in a professional environment. They are typically a one-semester commitment of 15-20 hours a week or full-time during the summer. They can be paid/unpaid, and most schools will grant academic credit for an internship as long as it meets the appropriate departmental guidelines.

Internship opportunities give you invaluable experience to put on your resume, great references for your future job search, and sometimes lead to a full-time job offer upon graduation. Today's employers place a high value on internship experience. It shows them that you have interest and experience in the field. This makes you more marketable as a candidate for full-time employment.



Another important advantage of an internship is that it is a way to somewhat test the waters in a field and see what you might be getting into by pursuing a career in that area. With an internship, you are only committed for a temporary period of time. If you find after a few weeks that this might not be a career path you wish to pursue further, you can finish the internship and be under no further obligations to the company. Or, you could end up loving it and stay as an intern for another semester or inquire about full-time employment. You may go into an internship and expect the complete opposite of what you find once you are there.

A word of advice to all students: do as many internships as you can while you are in school. Build those relationships, get that experience, and develop confidence in knowing that you are entering a field that is perfect for you.

For more information about finding an internship, visit our website <http://careers.slu.edu> or call 977-2828 to make an appointment with a career counselor for further assistance.



Career Decision-Making Course

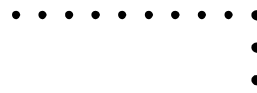
A great opportunity available to SLU students is a career decision-making course taught by one of our career counselors. PSYA-194 is a one-credit course that will assist you in your personal career exploration process. It is offered in the fall and the spring and unlike a majority of your other classes, it is taught in an eight-week format. We recommend this course for freshmen and sophomores who are unsure about their major or career direction.

Through the eight-week instruction period you will gain a deeper understanding of yourself

and the working world. You will identify your values, personality type, interests, and skills. Your professor will instruct you on the process of career development as you become familiar with a variety of career-related resources. This course just might be the jump-start you need to get you onto a successful career path. Talk to your advisor about registering for PSYA-194 today!

Job Searching?

Career Services can help!



eRecruiting!

**SLU's Online
Job Posting
System**



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<http://careers.slu.edu>



- Browse job postings for full-time, part-time, & internship positions
- Post your resume
- Research companies using ReferenceUSA
- Participate in On-Campus Recruiting

Saint Louis University

Career Services

your path to success