

OFFICE OF STUDENT LIFE
**CAREER COUNSELING
AND SUPPORT SERVICES**

March 2015

WELCOME TO STUDENT LIFE CAREER COUNSELING AND SUPPORT SERVICES

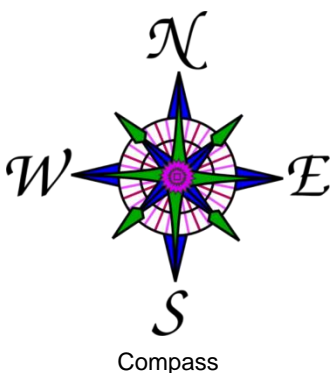
As many of you already know, Student Life Career Connection changed its name to Student Life Career Counseling and Support Services. We hope that our new name does a more complete job of representing the depth and breadth of services we provide to Ohio State students. In keeping with the goal of becoming more connected with our campus partners, we will be providing an email newsletter to keep our partners up to date with our staff, our services and general information that we hope helps you as you help our students. To begin, we would like to introduce our staff. More complete Bios can be found at <http://ccss.osu.edu/about-us/>.

Christina Rideout, PhD, Psychologist, Director
Ana Berrios-Allison, PhD, LPC, Associate Director, Career Counselor
Jacqui Hoke, Graduate Intern, Career Consultant
Jennifer Ledermeier, Graduate Intern, Career Consultant
Jenni Nauman, LPC, Career Counselor
Ryan Wilhelm, LPC, Career Counselor
Kristen Hill, Office Associate
Sharon Black, Office Associate



Career Counseling and Support Services Staff

FIND YOUR DIRECTION



“What’s your major?” Many first year students know this question all too well. Some students make their decision with ease, while others find the choice can be quite a difficult one. Common fears surrounding the exploration process include: being able to get a job, making an incorrect decision and not knowing how to start the process of choosing a major or career. At Career Counseling and Support Services these common fears and set backs are something counselors see every day. Encourage your students who are unsure of their major or career path to visit us so that next time they’re asked “what’s your major?” they can confidently state their choice.

OnPACE

Buckeye ONPACE

Student Life's Buckeye Careers OnPACE features a series of career development modules and other campus resources that can assist students in learning more about themselves and envisioning their future as responsible, global citizens. These free of charge self-guided modules contain lessons that can help students identify and explore interests, learn about informed decision-making, explore possible Ohio State

majors and careers, and find out how to apply to grad school. They will also help to prepare students for job and internship searches, to transition to the first year in the job market, and to understand diversity in the workplace. Encourage your students to visit Student Life's Buckeye Careers OnPACE at <http://onpace.osu.edu> and consider including it in your classes and linking to it from your website. For more information contact: Dr. Ana C. Berrios-Allison at berrios.7@osu.edu.

WORKSHOPS

Help your student group learn more about resumes, cover letters, interviewing skills and other career related topics by requesting a Career Counseling and Support Services Workshop. Our workshops provide students with detailed information regarding many aspects of their career journey from their beginning steps of exploration and decision-making through the steps of salary negotiation and life after college.

Workshops run around 60-90 minutes and can be provided during office hours or after office hours. Dates fill up fast. Students, faculty, or staff should make requests at least 3 weeks in advance to secure a date. After office hour workshop times include Mondays at 6:00 p.m. and Wednesdays at 7:30 p.m. and require a minimum of 15 student attendees. To make a request or to discuss workshops in more detail, please send requests to sl-ccss@osu.edu or berrios.7@osu.edu. If you would like more information on workshop parameters or a complete list of workshop topics, please visit <http://ccss.osu.edu>.



Students working together at a workshop

INTERVIEW TIPS

Career Counseling and Support Services has been talking a lot recently with students about interviewing for jobs and Graduate Schools programs. Here are a few tips that we give students:

1. Research the organization or company beforehand and try to find out who will be conducting the interview.
2. Remember that everyone is interviewing you—make a good impression!
3. Tailor answers by thinking about what the job posting says the employer wants.
4. Include experiences that speak to specific skills you have, as well as transferable skills most employers desire.
5. Tell your story using the PAR technique—Include the Problem, your Action, and the Result.
6. Ask about next steps (who, when, and how are they going to follow up).
7. Ask for a business card from all interviewers—this is a great way to ensure you have contact info for follow-up.
8. Take notes immediately after.
9. ALWAYS send a thank-you letter (mail is nice; emails can start a conversation if you want follow-up).
10. Call if you have not heard anything and the deadline has passed.



Student interviewing

Feel free to pass these tips on to your students, schedule a workshop for a more in depth look at interviewing, or send your students our way for individual mock interviews.

Thank you for taking time to find out what is happening with Career Counseling and Support Services. If you would like to unsubscribe from the email list please use the following link ccssnews-unsubscribe@lists.studentaffairs.ohio-state.edu. To subscribe please use this link ccssnews-subscribe@lists.studentaffairs.ohio-state.edu. Please feel free to forward to anyone we may have missed who might be interested in our services.