

FOUR TIPS: HOW PARENTS CAN PARTNER WITH THE CENTER FOR CAREER AND PROFESSIONAL DEVELOPMENT

The Center for Career and Professional Development (CCPD) is one of the chief destination offices at John Jay College for students because it provides assistance in seeking career direction and is a pathway to employment. Some of the services that may be of interest to students include the following:

1. **Career Counseling**—Students can meet with experienced Career Counselors to chat about opportunities for them in the workforce, to discover the right career options, and also to increase their working knowledge about job searching and job-keeping skills. During a career counseling sessions students can learn how to create the tools that lead to successful employment.
2. **Information sessions**—The CCPD regularly invite dynamic employers to come to the college to meet with students. These employers share information about their organization/agency or company with interested students. Information sessions offer a relaxed forum for students to meet professionals working in selected career fields. There, students can comfortably ask questions, make connects, establish resources in order to make better career related decisions.
3. **Workshops** – Are designed to prepare students for the world of work. Students have the option of attending and participating in these sessions with frequency as they are held weekly as to support their academic schedules. Students are encouraged to attend workshops that help them to create a competitive resume, to design interesting cover letters that get then noticed and we also offer strategies to Ace interviews.



Tips to share with your students:

Tip 1: Freshman – New students are in a stage of exploration and self-discovery. Students should try and accomplish three goals through the CCPD. First, they should stop by the Office of Career and Professional Development to find out about the services the department offers. Second, they should pick-up a brochure as it a handy resource tool that they can read at their leisure. Third, the student should establish their profile using John Jay Careers Online. If they are not certain how to do this any staff member working in the office can assist them. We are located in L72.00 in the New Building.

Tip 2: Sophomore – In the second year of college the student is introspective and thinking more about their place in the world, being more independent and accomplishing things on their own. We recognize this and encourage the student to visit the Center for Career and Professional Development to find out about careers as they relate to their major. If the student is uncertain of career choices they can request to take the Strong Inventory Assessment. The Strong Inventory Assessment is tool used to assist students in identifying what types of career can be a good fit. Students can take the assessment in the CCPD lab, or when they choose to access to a computer or laptop. When the student completes the assessment a career counselor can help them to interpret the results in a way that makes good career sense. Sophomore year is a good time for students to participate in a voluntary experience. Many students have volunteer experience from high school. However, on the college level we support sophisticated experiences that can help students with their career prospects. The first term of the sophomore year students should plan to participate in with a volunteer organization and register for an academic internship during the second semester of their sophomore year. In preparation, the student will need an updated resume so that they can share their experience with prospective hiring managers. Students should make an appointment to meet with a career counselor to make sure they are on target. If the student needs more immediate assistance they can meet with an available counselor during our drop-in hours.

Tip 3: Junior – Your student is now becoming more serious about linking their academic courses, and volunteer experiences with career opportunities. Students should calendar their schedules to participate in the Fall Internship and Job Fair. There students have an opportunity to meet with Employers who have come to the college to meet them. They should be prepared to meet with the employers. The CCPD offers a series of workshops on networking and how to communicate with employers. The student should be professionally dressed and carrying a neat portfolio of crisp resumes. Students should also be regularly attending Information Sessions as these sessions are often recruitment opportunities.

Tip 4: Senior – Your student should be actively seeking employment opportunities for the entire year. They should apply to participate in the CCPD's Senior Edge Program. This program is designed to provide specialized coaching to preparing graduating students for professional employment opportunities. Students should be utilizing the John Jay Careers Online webpage to search for employment opportunities, register to attend career related events like: Professionals in Residence and the Annual Career and Job Fair.

This article was written by Linda Mitchell, Career Counselor.

John Jay College's Family Connection Newsletter

Bloodhound Bulletin

Office of Student Transition Programs November 2014

JOHN JAY'S PRE LAW INSTITUTE CONTRIBUTES TO RISE IN LAW SCHOOL ADMISSIONS & SCHOLARSHIPS



The recently concluded 2013-2014 law school application season was especially productive for John Jay students, with 39 individuals affiliated with the Pre Law Institute (PLI) securing acceptances to 64 different law schools, as well as receiving over \$9.5 million in scholarship awards.

“These students were admitted to many well-regarded law schools including several selective

institutions within New York City, such as the New York University, Fordham, Cardozo Law School and Brooklyn Law School,” said Vielka Holness, the PLI Director and head of the Office of Fellowship and Scholarship Opportunities. “Many other top-ranked law schools across the country are included with not just offers of admission but also large scholarships.”

Holness credited the increase in law school admissions to students' involvement in PLI programs such as the Pre Law Boot Camps, the LSAT Prep Program and Scholarship, and the more than 40 other opportunities offered by PLI each year.

The newest PLI initiative – the Paula Howell Anderson PLI Scholars Program – will help each of four John Jay pre-law students to prepare for law school applications. The program is funded by alumna Paula Howell Anderson, who went on to Harvard Law School and is now a partner at the law firm of Shearman & Sterling LLP, as well as a Trustee of the John Jay College Foundation.

The Anderson PLI Scholars will be chosen on the basis of their academic achievements and dedication to the pursuit of law school. The scholarship will cover costs related to registering for the LSAT, the Credential Assembly Service and the Law School Reports as well as law school application fees and participation in Pre Law Boot Camps, LSAT preparation and other PLI programs, in addition to advisement and mentoring.

The Pre Law Boot Camps are held during seasonal breaks in the academic year, giving students an intensive, week-long

opportunity to polish their writing, critical thinking, argumentation and logical reasoning skills. Holness also pointed out that the PLI works to increase student success by providing increased access to individual and group advisement sessions, identifying private sponsorships, increasing the number of schools and students participating in the Graduate and Professional School Fair in conjunction with the Center for Career and Professional Development, and increasing the number of internships for pre-law students.

In addition to Anderson, the PLI enjoys the support of John Jay College Foundation trustees Anne Beane Rudman, LaBrenda Garrett-Nelson and Richard Koehler.

For more information on the PLI, including the Paula Howell Anderson PLI Scholars Program, visit www.jjay.cuny.edu/pli



This article was written by Peter Dodenhoff, Senior Editor and Writer, Office of Marketing

IMPORTANT DATES:

November 11, 2014	Veteran's Day
November 19, 2014	Payment due for Registration through November 13
November 27, 2014	Thanksgiving—College Closed
November 28, 2014	College Closed
December 11, 2014	Payment due for Registration through December 3
December 15, 2014	Payment due for Registration through December 9
December 16, 2014	Final Exams Begin

DEPARTMENT FEATURE: STUDENT ACADEMIC SUCCESS PROGRAMS

What programs does Student Academic Success Programs (SASP) offer?

Working together with other departments at John Jay, SASP creates programs and opportunities that support the success of freshmen, sophomores, and transfer students throughout their academic journey.

What is a student's academic journey?

A student's academic journey is not just the classes he or she takes; it includes everything that a student does while in college to be prepared to start a career or graduate or professional school after graduating.

Each student follows a different path on her or his academic journey, but all students need to:

- **Connect** with students, faculty, and professionals so they develop a network that will support them and introduce them to opportunities
- **Plan** for their academic and career goals by discovering their strengths and interests, carefully considering different options, and planning and taking the necessary actions to reach their goals
- **Expand** their education to include internships, research or leadership experiences that are essential to getting a job after graduating or being accepted to graduate or professional school

How does SASP help students succeed on their academic journey?

SASP offers multiple programs that help students accomplish what they need to achieve in each year of their academic journey.

For example, our Early Start program helps incoming freshmen get a head start on completing a required math or English course; connect with the college community; and be on track to graduate in four years. Our First Year Seminars, supported by peer mentors, are designed for students to develop the planning, collaboration, and academic skills they will need to succeed in college and in their future career. The SASP Adelante Program connects students with Latina/o professors who are committed to mentoring and supporting students throughout their academic journey.

In the sophomore year, we offer Sophomore Signature courses and workshop series such as Sophomore Express that help sophomores connect with students, professors and professionals who share their goals; research majors, minors, and certificate programs; and get an internship, leadership or research opportunity.



What can parents do to help students on their academic journey?

Parents have an important role in helping students be successful on their academic journey. Here are some steps you can take:

- Encourage your son or daughter to spend time on campus after classes. This is an opportunity to study with their classmates, discuss academic or career questions with professors and advisors, and develop teamwork skills in a club.
- Reassure him or her that it's normal and in fact necessary to explore different options to discover which major and career options are the right fit for a student's strengths, interests, and goals.
- Explain that although many internships or research experiences are unpaid, the experience they give students is essential for achieving their future career goals.

For more information on the steps students need to take on their academic journey and how parents can help, go to: <http://www.jjay.cuny.edu/aj>

This article was written by Christopher Davis, Student Academic Success Programs.

DEPARTMENT FEATURE: OFFICE OF MILITARY & VETERAN SERVICES

The John Jay College Office of Military and Veteran Services, is here to assist our student veterans and their dependents in their pursuit for educational and professional objectives.



We are committed to providing quality education and the demands of active duty personnel to transition to civilian life and find the best educational opportunities to prepare them for the job market. Our Office has a support structure and culture that is comprised of service, experience, and dedication. Please join us to walk up fifth (5th Ave.) Avenue on November 11, 2014 in the Veterans Day Parade.

Some services include but are not limited to:

- Student Lounge/Computer Lab
- Water Exercises Teachings for Veterans every Monday (W.E.T.s 4 Vets)
- We house a Career & Professional Development professional weekly
- Collaborate with Counseling Center on the Veteran Women's Group lunch meetings
- Host Operation GoodWill employment bi-weekly

This article was written by Welby Alcantara, Military & Veteran Services Coordinator

FINAL EXAMS, HOLIDAYS AND STRESS: TIPS FOR COPING

It seems like we just returned from our summer vacations and started school, yet final exams and holidays are already upon us. These events can bring on stress and depression, which can ruin our holidays and hurt our health. Helping your child being realistic, planning ahead and seeking support can help ward off stress and depression. The final exam period coupled with holidays present a dizzying array of demands — studying, writing papers, parties, shopping, baking, cleaning and entertaining, to name just a few. But with some practical tips, you can help to minimize the stress that accompanies finals and holidays. Your family may even end up enjoying the holidays more than you thought you would.

Tips to prevent final exam and holiday stress

- **Don't abandon healthy habits:** Don't let the holidays become a free-for-all. Overindulgence only adds to stress and guilt. Try making these suggestions: Exercise, eat healthy, listening to music and get plenty of sleep.
- **Keep a Clean Desk:** Sometimes decluttering space is all we need to declutter our mind. Encourage them to take an hour or so to totally clear out their desk space and they'll create a place that allows them to totally focus.
- **Create A Detailed Calendar:** Include not only exam dates and paper deadlines, but anything else in their life (studying, gift shopping, swim practice) that they need to make time for. Even the act of writing it down will make it all feel more doable.
- **Take A Social Media Break:** Spending too much time on Facebook, Twitter and Tumblr when exams are looming can only add to their already-mounting stress levels. Encourage them to turn off their Facebook email notifications so that they're not tempted to log on.
- **Talk It Out:** Don't let them keep their anxiety bottled up inside. Sit down after dinner for a cup of tea and a chat. Talk them through their plan for finals week, ask them what's stressing them out and ask for any advice they might have.
- **Reach Out:** If they feel lonely or isolated seek out community, religious or other social events. They can offer support and companionship.
- **Be realistic:** The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones.
- **Set aside differences:** Set aside grievances until a more appropriate time for discussion. And be understanding if others get upset or distressed when something goes awry. Chances are they're feeling the effects of holiday stress and depression, too.

Despite your best efforts, you may find they are feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and unable to face routine chores. If these feelings last for a while, encourage them to talk to one of our counselors.

This article was written by Dr. Gerard Bryant, Counseling Center Director