



# CareerStreet

A Publication of the Macalester College Career Development Center  
Vol. 5 - December 5, 2003

"The trouble with our times is that the future is not what it used to be."  
Paul Valery (1871-1945)



## Hot Jobs . . .

Find details on these opportunities on our web site under [Grand Avenues](#).

### Aerotek Scientific St. Paul, MN

#### R & D Chemist

**Deadline 12/10/03**

Medical device company. Responsibilities include biological testing, assays, chemical analysis, and record keeping. BS in chemistry or related field.

### Renee Fotouhi Fine Art Manhattan, NY and Westchester, NY

**Assistant to the Director**

**Deadline: 12/14/03**

Fine art dealership and consultancy. Private & corporate clients, selling artwork and offering consulting services to designers working on corporate projects. Job includes procuring artwork for clients by means of Internet and gallery searching, proposals by means of formal visual presentation. Large part of position is administrative tasks and assistant to the director.

### C. H. Robinson Worldwide, Inc.

**Eden Prairie, MN**

**Administrative Assistant  
Intern/Part Time**

**Deadline: 12/30/03**

Largest provider of third-party

## Senior S.L.A.M.

*(Seeking Life After  
Macalester)*

**SENIORS** - The Minnesota Private Colleges Job & Internship Fair 2004 is quickly approaching! What is a job & internship fair? Should I go? Is it worth my time? What type of employers will be there? Come and get answers to these questions. The CDC will be holding Job Fair information sessions on the following days:

**Thursday, December 4** from 12:00-1:00 p.m. in the lower level Kagin Conference Roo 003

**Friday, December 12** from 12:00-1:00 p.m. in the lower level Kagin Conference Room 003

If you can't make it to one of these sessions, stop by the CDC for drop-in hours Monday through Friday from 2:00-4:00 p.m.

For some helpful tips on how to effectively make the most of a job fair, click on the link below to read "**The Ten Keys to Success at Job and Career Fairs**" from Quintessential Careers.com.

[http://www.quintcareers.com/job\\_career\\_fairs.html](http://www.quintcareers.com/job_career_fairs.html)

## Junior Jump-start

**JUNIORS** - It's not too late to secure an internship for second semester! You have until the drop/add date to finalize your plans so why not use the

## Macalester at Work

by Liz Bartels, '04  
CDC Student Staff



**Karen Saxe**  
**Associate Professor**  
**Mathematics and Computer**  
**Science Department**

**CDC:** How did you end up at Mac?

**KS:** I graduated from graduate school in 1989 and got a post up in Minnesota. I had never been in the Midwest before and I really liked it, so I applied for jobs locally and got one and came here. That's pretty much it.

**CDC:** What was your graduate experience like?

**KS:** I went to the University of Oregon and I was there from 1982 to 1989. I stayed on as an instructor for a year and it was a great experience, although it was hard. I went to a school like Macalester, and when I got to grad school there were only a few of us who had been to liberal arts schools. It was a huge adjustment to be competing with students from schools who had been in research programs before. I think liberal arts schools have changed a lot in the last 20 to 30 years to make

transportation logistics services in North America working worldwide. Administrative support to sales staff.

## Internship Info

The [Minnesota Women's Press](#) is looking for enthusiastic, motivated interns. Interns have opportunities to write stories and standing features, to learn about editing and copyediting, and to get published clips. Opportunities are available for winter/spring. **Application deadline is 12/15/03.**

The [Minnesota Project](#) is seeking an Energy Intern. The intern will assist the organization as a whole, and specifically the coalition coordinator and energy program organizer of the Clean Energy Programs. Specific tasks will depend on the interests and abilities of the candidate.

[MSP Communications'](#) Custom Edit Department seeks a motivated individual for a winter/spring internship. This is a great position for anyone interested in learning magazine writing, editorials duties, and production processes. Candidate must be pursuing or have an English/Journalism major or minor.

For further information on these internships and others visit the [Internship Program](#), located in Kagin Commons, 1st Floor.

## On-Campus Recruiting

[United Parcel Service \(UPS\)](#)  
Thu., Dec. 11

semester break to identify and apply for that ideal internship opportunity. But, where do I start? According to Randall S. Hansen, Ph.D., in his article, "***How to Find Your Ideal Internship***" there are three steps in the process including:

- 1. Determining Your Internship Goals** (what are your career interests, what do you want from an internship, what industries/organizations interest you, etc.)
- 2. Preparing/Polishing Your Job Search Skills** (writing resumes and cover letters, asking for and doing interviews)
- 3. Finding/Tracking Down Internship Sources** (the Macalester Internship Office, the CDC, websites, alumni, internship and career fairs, books, etc.)

For more detailed information and to read the complete article, visit [http://www.quintcareers.com/finding\\_ideal\\_internship.html](http://www.quintcareers.com/finding_ideal_internship.html)

## Sophomore Syllabus

**SOPHOMORES** - This is a critical year for you, with it's own distinct challenges. The Lilly Sophomore Retreat is an evening and a day off campus, structured to provide you time to reflect on where you are and where you want to go. Sponsored by the Lilly Program for Work, Ethics and Vocation, this brief time will engage you in discussions about decision-making, personal values and goals, and resources that can help you chart your direction. Don't miss it! The Lilly Sophomore Retreat is February 20th & 21st. View the registration form at <http://www.mcalester.edu/cdc/sophomoreretreat2004.html>.

**Note: The number of participants is limited to 48 students. Reservations are due Friday, January 23rd, 2004! A**

the students more competitive for graduate schools and a variety of things, especially in the kind of field that I am in. It was a big adjustment, but it was a great experience and people were really supportive. The program I was in had a lot of students from liberal arts schools. There was a batch of us that they came to appreciate for the things we did have to offer - not necessarily always a strong background in math - but we taught a lot of courses. We helped with their program in a way they weren't expecting. That was a fun thing to experience. There were outreach programs for minority students that the faculty had not really participated in, but a bunch of the graduate students wanted to get involved. It was a good experience. It was hard.

**CDC:** Were you always interested in math as an undergraduate?

**KS:** As an undergraduate, from my sophomore year on I took math. I wasn't sure that I would do math, but it was pretty clear that I would major in math. I wasn't sure if I would apply to grad school in theoretical physics or math. I liked history a lot too. I hated lab sciences. It was pretty clear from high school I could not function in the lab. We would have chemistry class and I'd have to measure something and I'd mess up and spill something. We'd have to blow glass, and I just couldn't do any of this stuff. I tried to find a way to do science without doing lab work. I couldn't see how I could do this, especially since I new I wanted to teach at this kind of school. You have to want to do a lab if you are going to be a scientist. You can't just partition yourself off like that.

**CDC:** You have three kids, and two are twins. I'm a twin myself. Is it really as crazy an experience raising them as my parents say?

**KS:** Yes. Well, we're kind of at a good stage now. Also, my first child is only 15 months older than my twins. When they were toddlers it was a lot of work. And now it's still a lot of work, but I'm

Information Table  
11 a.m.-1 p.m. - Campus  
Center

## Upcoming CDC Events

**The 2004 Minnesota Private Colleges Job & Internship Fair**, which will be held on February 17-18, 2004, provides college seniors with an opportunity to connect with meaningful employment after graduation. Over 100 employers representing a range of careers in business, nonprofit, human service and government are expected to attend. The Fair is held in February so you are encouraged to attend ONE of these information sessions to find out the details about the Fair.

**MPC Job/Internship Fair Information Sessions**  
**Thu., Dec. 4**  
12:00 Noon-1:00 p.m.  
Kagin Commons Room 003

**MPC Job/Internship Fair Information Sessions**  
**Fri., Dec. 12**  
12:00 Noon-1:00 p.m.  
Kagin Commons Room 003

## Web Watch

[StudentRecruiter.com](http://www.studentrecruiter.com) is used by students and potential students who want to continue their education, either on-line through distance education or in a traditional campus setting. [StudentRecruiter.com](http://www.studentrecruiter.com) will help you find the right school, pick the best major, and finance it through employment, scholarships, student loans and financial aid.

[AlumniRecruiter.com](http://www.alumni-recruiter.com) is primarily a career site, but it is

**deposit of \$15 is required to hold your space.**

## First Year Focus

**FIRST YEARS** - Ready to begin exploring the world of work, but not quite ready to jump into an internship? Take advantage of the upcoming semester break to focus on job shadowing for a few weeks!

What is job shadowing? It is an opportunity to spend a short amount of time (usually a day to a week) observing someone in his or her workplace. Get a feel for the daily job duties, characteristics and requirements of the job, work environment, challenges and opportunities involved in various types of work. Explore how you can connect your academic experiences with potential jobs and careers.

How do I go about arranging a job shadowing experience? Network, network, network! Talk with your friends and family, the staff at the CDC, alumni, professors, advisors and anyone else in your network that might know people working in the types of jobs or organizations that you are interested in. Once you have identified the appropriate people, contact them by phone, e-mail, or letter and explain that you are seeking job shadowing experiences and the reasons why are interested in shadowing them or their organizations. Arrange for a date/time that works well and ask what type of attire is appropriate for you to wear.

What do I do while I am job shadowing? Your role is to observe and ask questions while doing your best not to interfere with the daily routine of the individual you are shadowing. For a list of helpful questions to ask during your job shadowing experiences, click on the link below:

<http://www.dpi.state.wi.us/dpi/dlsis/let/lejobque.html>

sort of used to it. When I go to other peoples' houses who seem to have normally distributed children it seems so peaceful.

**CDC:** Is it difficult to balance your family life and your work life?

**KS:** Yes. I don't think that's particular to having twins, but to having three kids and two working parents. Yeah, it's really hard.

**CDC:** I also read somewhere that you enjoy traveling. Do you get time to travel with your family?

**KS:** I travel for work and with my family. When my kids were little, traveling was disrupted, but now both work and pleasure travel have resumed which is great. I travel three or four times a year for work, and since I've had kids I go on shorter trips. My family likes to travel a lot. We spent a month this summer in Peru and Bolivia. We've taken our kids to Italy, Iceland, France and England, and tons of other places, but this trip was what we considered our first huge adventure - just going somewhere for a month where we really knew no one, and to a place where we've never been before. It was wonderful. We'll go to London in a few weeks for Christmas. We like to travel. This summer my kids were counting how many countries and states they had been to. They like it.

**CDC:** What would you say are the most important skills or qualities to have in order to be in a successful position like yours?

**KS:** That's really hard. I think you have to really want to teach and see the value in working with people in other fields besides, in my case, math or even science. You have to be willing to stretch yourself and be willing to learn about things you don't know much about which is a big challenge. I equate success with enjoying your job. To enjoy what you're doing you have to take an interest in everything - not only your students, classes and your own research - but also the financial

designed for graduates of colleges, universities and other post-secondary schools, whether they graduated months, years or decades ago.

## Grad School Notes

### Tips for Transitioning to Graduate School

Take advantage of opportunities to learn about your new program. Be sure to attend all the new student orientation sessions offered to you. Orientation sessions represent an opportunity for you to meet other new students, more advanced continuing students, faculty, and administrators. Moreover, orientation is a venue for people associated with the program to meet and get a first impression of you.

Recognize that the graduate and undergraduate school experiences are qualitatively different. Mastery of the basic information covered in classes is important. However, by contrast to undergraduate school, graduate study also involves a process of professional socialization and development. This means that you learn to be a professional, in part, based on working side by side with faculty and other more advanced students on research teams and under close supervision in real-world situations (e.g., practica).

Make good use of available social support resources and build additional support networks. Given the numerous changes inherent in the transition to graduate school, the experience can be exhilarating. From time to time, it also can be somewhat stressful. Social support is an

What do I do after the job shadowing experience? Send a thank you note to the individual(s) you shadowed and if appropriate, maintain contact with the person(s). At some point down the road you might decide that you want to do an internship or even get a job with the person or at the organization where you shadowed.

## Featured Fellowships



### Wellstone Fellowship for Social Justice

[The Wellstone Fellowship for Social Justice](#) for Families USA, a national, nonprofit, nonpartisan organization dedicated to the achievement of high-quality, affordable health care for all Americans, is proud to announce the creation of the Wellstone Fellowship for Social Justice. Throughout his Senate career, Senator Paul D. Wellstone built a reputation as an advocate for social justice and as an outspoken champion for those who lacked a voice in the national arena. The Wellstone Fellow provides a unique opportunity to honor Senator Wellstone's memory by promoting equity in health care.

The Wellstone Fellowship is a year-long, full-time, salaried position beginning in September 2004. The fellow will be engaged in health care advocacy work in Families USA's office in Washington, DC, where he or she will learn about Medicare, Medicaid, efforts to achieve universal coverage, and other important health policy issues. Specifically, the fellow will be engaged in Families USA's outreach to and mobilization of communities of color. Through this work, the fellow will also learn about

situation of the college which I think people would prefer to not think about at all. The ongoing curricular discussions with the entire college are also important. It's critical to want to teach more than doing your own research, but you have to keep in contact with people in your field and keep that side of things up.



## Counselor's Corner

### USING SEMESTER BREAK FOR MORE THAN SLEEPING IN! by Denise Ward, Director Career Development Center

Sleeping until noon ... watching junk TV ... maybe going home and eating lots of good food ... ah, the indulgences of break! But this is also the perfect time to jump-start your career plans - you know, the things you were too busy to do during fall semester? Here are some suggestions of "things to do" over break that will move you along.

1. Start/finish/update your resume.
2. Network and do information interviews with alumni/family contacts/relatives in your area (in-person, phone, e-mail) - see the CDC for lists of alumni and how-tos.
3. Volunteer/job-shadow for a day/week in a career field that you are interested in.
4. Shop the after-holiday sales for a great suit for your job search.
5. Spend some time on-line researching employers/job posting sites.
6. Read a book or two about your field of interest.
7. Research possible graduate and/or professional schools - visit if possible and/or appropriate.

important resource for dealing with stress. Although some support resources are built into most graduate programs, they are only beneficial if you make use of them. Before you arrive on campus, ask continuing students about the location, the best student housing, and other relocation concerns. Even if the program you are joining does not have a formal peer mentoring system in place, current students usually are available to share what they have learned in this regard if you ask for the help.

Above all, be sure to ask for help if you are experiencing difficulties adjusting to your first few months on campus. Develop an appropriate professional relationship with your faculty advisor and let her/him know if you are having problems in the program. In addition to providing guidance about program matters, your advisor will be aware of broader university resources, such as writing labs and tutoring services. If you believe your concern is more personal than professional, do arrange for a confidential appointment with the university counseling center. At many universities, a limited number of counseling sessions are available to students at a reduced fee, often in the context of a broader university health and/or wellness center.

Graduate school is the beginning of an exciting life adventure. Make the most of it.  
(Excerpted from *Making the Transition to Graduate School* by Lisa Terre)

## What is the CDC?

The [Career Development](#)

conducting health care campaigns, and part of his or her time will be spent working with state-based health advocacy organizations.

The ideal candidate will express an interest in social justice work and in working with communities or color. Additionally, we are looking for an individual who displays the potential to continue to contribute to social justice work after their year of hands-on experience. There is no bias in favor of any academic discipline, although we prefer that the fellow have a college degree as of September 2004.

**NOTE: Application deadline is February 6, 2004.** Additional information about Families USA and the Wellstone Fellowship can be found at: <http://www.familiesusa.org/site/PageServer> including a description of the fellowship and the application process, as well as an online application. Contact Melissa Rosenblatt, Wellstone Fellowship Coordinator, at 202-628-3030 with any questions, or to receive hard copies of the application brochure.



[Barry M. Goldwater Scholarship and Excellence in Education Program](#) awards are made on the basis of merit to **sophomores or juniors** who have outstanding potential and intend to pursue careers in mathematics, the natural sciences or engineering. Students who plan to study medicine are eligible for a Goldwater Scholarship only if they plan a research career rather than a career as a medical doctor in private practice. The scholarship pays a yearly stipend to help students complete their undergraduate education.

**NOTE: Macalester campus application deadline is January**

**8.** Create an action-item list for spring semester related to job, internship, or graduate school search (Hint: Try to put most it in before spring break ... you know that life gets especially busy the second half of the term!)

**9.** Schedule an appointment at the CDC to assist you with decision-making or process. If you are around campus, the CDC is open regular hours during January.

**10.** Have friends or family do practice interviews with you ... it really makes a difference!

So, relax but use this time if you can to create some momentum in your career planning. The CDC staff is around to help!

## Occupational Outlook

**MASSAGE THERAPY:  
WHERE ART AND SCIENCE  
COME TOGETHER IN THE FORM  
OF TOUCH**  
by **Robin Stubblefield,**  
**Career Counselor,**  
**Career Development Center**

Massage therapists use over 150 different techniques and modalities to work with the muscular structure and soft tissues of the body in order to promote relaxation, stress reduction, better overall health and assist with rehabilitation/ injury care and pain management. Techniques used can include kneading, compression, tapping, stroking, pressure, and friction while examples of modalities can include Swedish, shiatsu, sports massage, injury care, deep tissue, reflexology, acupressure, trigger point, pre/post natal massage, and connective tissue (for further definition of some of these techniques and modalities refer to the American Massage Therapy Association's Glossary of Terms at: <http://www.amtamassage.org/about/terms.htm>.)

***Do I Have What It Takes?***  
Massage therapy is a career that

[Center](#) is here to assist students in planning, articulating and applying their educational experience to meet their future goals. The office is located on the first floor in Kagin Commons, and offers [individual counseling sessions](#) with a career counselor, an extensive [career resource library](#), [job/internship listings](#) and opportunities from around the globe. The CDC resource library features: Information about Fellowships, [Internships](#) and [Job Postings](#); information on Companies and [Government Opportunities](#); pamphlets and materials on [resume](#) and [cover letter](#) writing; books on etiquette, [interviewing](#), [grad school](#) and the [job search process](#); and an extensive [alumni directory](#), sorted by career.

**Hours: 8 a.m.-4:30 p.m.  
Monday through Friday  
(Daily Drop-ins: 2-4 p.m.)**

**Macalester College  
Career Development  
Center  
Kagin Commons  
1600 Grand Avenue  
Saint Paul, MN 55105  
(651) 696-6384  
Fax: 651-696-6131  
E-mail:  
cdc@macalester.edu  
www.macalester.edu/cdc**

 **PDF Printer  
Friendly Version of  
Newsletter**

**Did You Miss An Issue?  
[See Previous  
CareerStreet Newsletters](#)**

**15, 2004.**

For further information about the scholarship and the application process contact [Ellen Guyer](#), Dean of Academic Programs, and visit the Goldwater Scholarship web site.

## Featured Article

### SO, WHAT IS A NETWORK, REALLY?

**by Ian Scheerer, '89,  
International Studies,  
Chemistry BA Macalester;  
JD William Mitchell**

When I returned from serving in the US Peace Corps in Fiji in 1992, I reconnected with Denise Ward (in the CDC) and she suggested I join a networking group. I thought I understood what that meant. However, since I was still re-acclimating to the US culture, I asked the title question of everyone I met during a four month job search. "So, what is a network, really?"

The lasting answer I received came in the form of a return question from a Macalester Alum much more chronologically (and wisdom) enhanced than yours truly. "You've just told me that you spent two years in Fiji in Aquaculture. What did the fishermen you met use to catch their fish?" "A net thrown in the Pacific or dragged behind their boat." I replied. "And how was that net constructed?" He asked. "By tying strong cords together to create evenly spaced knots." I answered. "Exactly. A professional network is remarkably similar. Each person you meet knows a handful or more of other people. Every time you meet someone while hunting for a position, ask them who else you should contact that might be of assistance. And, when meeting that new person, ask them for others as well. Eventually every person you meet becomes a knot in your net. Their relationships with others are the cords to the next knot."

requires a blend of both technical and "soft" skills. Below is a list of some of the skills and attributes that will contribute to your satisfaction, success and effectiveness as a massage therapist:

- Excellent listening and communication skills.
- Professional and confident demeanor.
- Empathy.
- Physical stamina to train for and do massage.
- Commitment to learning and ongoing professional development.
- Manual dexterity.
- Knowledge of human anatomy and physiology.
- Awareness (both self awareness and of your client).
- Sensitivity.
- Desire to work with people.
- Business, financial, and marketing knowledge (especially if self-employed).

### ***Where Can I Work?***

The answer to that question is, almost anywhere. Massage therapists are fortunate because there are SO many different venues and environments available in which to work and volunteer.

Options for working with medical practitioners in a shared setting include:

- Hospitals
- Clinics (specialty or general)
- Physician's offices
- Nursing homes and/or hospice care
- Chiropractic offices

Options for working in fitness, athletic or holistic health oriented settings:

- Gyms
- Athletic facilities
- Sports medicine facilities
- Sports teams (both amateur and professional teams have moved towards having own massage therapists on staff or available)
- Sporting events
- Holistic health or wellness centers

Options for traveling or working with clients who travel:

He also reminded me to inform every party along that particular strand of knots every time one hears of a lead from a member of that group. Eventually, you may end up introducing others when one can be of service to another. When you reach that point, you've graduated from a novice at networking to an accomplished networker.

That advice came full circle for me this past Spring. I'd been happily serving as a Trust and Financial Advisor at Wells Fargo Private Client Services. A networking acquaintance of mine suggested to a recruiter (head hunter) that I potentially could be interested in a new challenge. The recruiter called me out of the blue and mentioned my acquaintance's name. I took the time to listen to the opportunity decided to throw my hat in the ring. It didn't hurt that the new managing partner of the interested organization had been a great mentor in a past position.

After arriving in the new role, I immediately sent out an e-mail to over 150 contacts letting them know where I'd landed, what services I could offer those they knew, and how they could reach me. I was pleased when a few of them immediately responded asking that I help them fully understand my new organization.

As I work in wealth management, I have the opportunity to meet many successful people, as they typically have grown their assets so that they meet the minimums of those that I serve. I no longer find it a surprise that the most successful from every field I encounter are those who practice their networking skills regularly.

Here are a few skills I see the best networkers honing as often as possible:

1. They take the time to connect with others to learn what they are up to

- Cruise ships
- Destination spas
- Resorts

Options for having a mobile office or no office at all:

- On-site massage in client homes
- On-site massage at businesses/workplaces
- On-site massage at airports, shopping centers, public events

Options for working in settings that focus on pampering and relaxation:

- Massage centers
- Day spas/salons

***What Type of Education - Licensing - Certification Do I Need?***

Massage therapy is becoming a more standardized and professionalized career in terms of education and training requirements. Training programs for massage typically require a high school diploma for admittance though a large portion of individuals who enter massage therapy training programs do possess some level of postsecondary education. Currently, The American Massage Therapy Association (AMTA) reports that, "30 states and the District of Columbia regulate massage therapists. All but one of these regulatory agencies require a minimum of 500 hours or more of classroom training in massage and related subjects." Minnesota is one of the states where massage is not yet regulated at the state level. Here, as in other states, massage therapy is regulated at the city level which requires massage therapists in MN to obtain a license in each city where they want to practice (if the city requires a license).

In addition to licensing requirements there are other factors that go into choosing the right type of program for you. A program must also be a good fit from a philosophical, financial, scheduling and course curriculum perspective as well. For a list of things to consider when selecting a program, visit the The AMTA's Tips for Choosing the Right Massage Training Program

professionally;

2. They can give an "elevator speech" including who they serve, what products or services they offer, and how their clients benefit from their services in 60 seconds or less;

3. They practice thinking of who they know who could help every time someone describes a problem, no matter what that problem might be.

As a lifetime student of networking, I would love to hear from Macalester students and recent alumni/ae about how you have included networking in your first search for a position.

Please feel free to contact me at my office:

Ian V. Scheerer, JD, CTFA  
 Wealth Management Advisor  
 Associated Wealth Management  
 Minnesota Center Office - MS 9150  
 7760 France Avenue South  
 Bloomington, MN 55435-5833

Tel: 952-897-0267  
 fax: 952-897-0277  
 Ian.Scheerer@associatedbank.com

### The Bookshelf

***Careers in International Affairs, Seventh Edition - School of Foreign Service at Georgetown University, Editors, Maria Pinto Carland and Lisa A. Gihring, Georgetown University Press, Washington, DC 2003***

Are you an International Studies major and not certain what to do with your life? Are you one of the many Macalester students who would like to work with international affairs, but are not sure what career options are available in the United States and internationally? Are you attempting to find your passion as it relates to a career?

The book, ***Careers in International Affairs***, will provide

at: [http://www.amtamassage.org/publications/career\\_brochure.html#tipsforchoosing](http://www.amtamassage.org/publications/career_brochure.html#tipsforchoosing). In addition to the tips offered by the AMTA, you might also want to consider whether or not a program offers flexible schedules (i.e. day and evening programs, part-time and full-time options) and is accredited (if so, by what organization or accrediting body).

In addition to meeting licensure requirements within the jurisdiction where you plan to practice, it is also possible to become nationally certified in Therapeutic Massage and Bodywork. Some jurisdictions require this certification as a part of their standards to practice. The National Certification Board for Therapeutic Massage & Bodywork (NCBTMB) is the agency responsible for this certification. For specific criteria related to national certification, visit the National Certification Board for Therapeutic Massage and Bodywork at [www.ncbtmb.com](http://www.ncbtmb.com)

### ***What is the Earning Potential and Job Outlook for Massage Therapists?***

Many factors go into how much a massage therapist earns including but not limited to geographical, rate charged per massage, whether you are in private practice or work for someone else, level of skills and experience, and number of massages done per week. Income can and does vary widely in this profession. Associated Bodywork and Massage Professionals (ABMP) reports that the median income for massage therapists who see more than 15 clients weekly is approximately \$32,500 while more veteran therapists in private practice can net \$40,000-\$60,000+ annually. In order to gain the most realistic perspective regarding income potential, talk to massage therapists currently practicing in the geographical areas, type of settings and working similar schedules to what you are considering.

Massage therapy is by all accounts a growing field. More and more people are seeking out and receiving massage as a part of their overall approach to

you with valuable information and insight. This unique resource has been developed for those searching for international careers. It not only provides lists of potential contacts and organizations, but it also offers information on global career networking.

***Careers in International Affairs***, in its seventh edition, is hot off the press! It prepares students for positions in business, government, world organizations, or non-governmental organizations. Book chapters include the International Job Market, Careers in the United States Government and Foreign Service, International Organizations, and Careers in banking, business, lobbying, consulting, international development, media, nonprofit and educational organizations and research institutes.

Because of the importance placed upon networking and communication skills within job searching today's tough job market, there are two new chapters on finding and working with a mentor and preparing for interviews. Also helpful is the addition of a chapter on Internet job searches.

***Careers in International Affairs*** is readable and provides valuable information contributed by career counselors in the international affairs community, in addition to firsthand viewpoints on a variety of career sectors offered by those who have found their own international niche.

(This book can be found in the Kagin Resource Center. Book review prepared by Claire Benton, Graduate Assistant, Career Development Center.)

health and wellness. In a recent survey conducted in August 2003 by the American Massage Therapy Association, one in five adults (21 percent) surveyed reported they had received a massage within the last 12 months while 28 percent expect to receive a massage in the next 12 months. In addition to individuals seeking out massage on their own, healthcare providers are also becoming more active advocates of massage and are recommending massage for their patients. Some healthcare plans are also beginning to offer massage as a part of their benefit plans. The future is definitely hopeful for this career!

For a additional information about massage therapy as a career, click on the following links:

[http://www.amtamassage.org/publications/career\\_brochure.html](http://www.amtamassage.org/publications/career_brochure.html)

<http://www.amtamassage.org/becometherapist/starting.htm>

<http://www.massagetherapy.com/careers/index.php>

December 3, 2003