



# CareerStreet

A Publication of the Macalester College Career Development Center  
**Vol. 7 - February 13, 2004**

*"The best preparation for tomorrow is to do your best today."  
 - Louis Gossett Jr.*

## Commencement



**CAP AND GOWN** orders will be taken on February 18 and March 4, between 10 AM and 2PM in the Campus Center, Lower Level.

Payment of \$20 cash or check must accompany all orders. Checks should be made payable to *National Student Services*. **All orders must be placed before Spring Break.**

## LSC Spotlight

**Multicultural topics play an essential and ongoing role in one's life and work. The CDC is working with the Lealtad-Suzuki Center / Department of Multicultural Life to highlight these issues for all students. This newsletter focuses on ...**



**Filmmaking with a Purpose: Spotlight on Aishah Shahidah Simmons**

Aishah Shahidah Simmons is the founder and president of AfroLezÆ Productions a multimedia arts company committed to using the moving image, the written and spoken word to address those issues which have a negative impact on marginalized and disenfranchised people.

## Featured Article

**STAYING HEALTHY AT WORK**  
 by **Lisa Broek**  
 Associate Director  
 Health Services  
 Macalester College

Whether starting a new job or a graduate program, staying healthy after graduation is easier than you think. Incorporating basic wellness strategies into your daily routine can make the demands of work or graduate school seem less daunting and can reduce the physical and emotional toll on your body.

**Sitting at a computer or desk** for hours at a time can leave you with tense, sore neck and shoulder muscles. For quick relief of the tension, try these self-massage movements:

- Stroke your left shoulder with your right hand. Then with your right hand place at the left side of your neck at the base of your skull, stroke down the side of your neck, over your shoulder and down your arm to your elbow. Repeat 2-3 times. Then stroke the other side.
- Place your fingertips on both sides at the back of your neck just above your shoulders. Make circular motions on either side of the spine. Work your way up the back of your neck to the base of your skull. Then knead each shoulder; and squeeze and release the muscle on your shoulders at the top of your arms. For more ideas for quick tension relief, visit: <http://www.mayoclinic.com/programsandtools/slideshows.cfm> and click on "stretches you can do in your office".

## Macalester at Work

by **Liz Bartels**, '04  
 CDC Student Staff



**John Mountain**  
 Career Counselor

**Meet John, the most recent addition to our CDC counseling staff. Get to know where he's coming from, why he's here to help the students in their vocational choices, and why agonizing over your wardrobe won't necessarily get you the job.**

**CDC: How does it feel to be the new guy? What challenges have stood out in starting a new job?**

**JM:** The biggest thing that has stood out is knowing where all the resources are. The resume writing piece of it is similar, because of my background in Human Resources. The biggest challenge has been the online tools. So, I've tried to do the research on my own, trying to figure what's out there.

As an award-winning African American feminist lesbian independent filmmaker, writer, lecturer, she has written articles and essays, taught workshops, guest lectured classes, and facilitated seminars nationally and internationally on both the process of grassroots independent media-making and how the intersections of racial, gender, and sexual oppression impact the lives of women of Color. Her internationally acclaimed shorts "Silence Broken," "In My Father's House," and "NO! (A Work-In-Progress)" explore the issues of race, gender, homophobia, rape and misogyny from a Black feminist lesbian perspective. As the producer, writer and director of "NO!", she's overseeing the post-production of this forthcoming feature-length documentary about intra-racial rape and sexual assault in the Black community.

Aishah Shahidah Simmons will be screening her documentary "NO!" at Macalester College on Thursday, February 19, at 5pm in the John B. Davis Lecture Hall, Campus Center.



**Hot Jobs**

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

**Company: Science Museum of Minnesota**

**Location: St. Paul, MN**

**Position: Special Projects**

**Instructor (Part-Time position)**

**Deadline: Feb. 21, 2004**

**Description:** Youth and Family Program is looking for people to teach science related classes to youth in Grades 5-7 during the Science Museum's Summer 2004 camps. Ability to work both in a team and independently. Creative teaching techniques. Requires Bachelor's degree or equivalent experience in teaching/education. Wage: \$15.00/hour

When you **set up your computer desk or work station**, there are some ergonomic guidelines to follow that will reduce your risk of developing health problems such as headaches, repetitive motion injuries, and back pain. Guidelines are available at: <http://www.osha.gov/SLTC/etools/computerworkstations/checklist.html>

**Healthy eating** is a key to staying alert and creative. Do you find that in the middle of the afternoon your mind begins to wander? Your brain may be trying to tell you something. Your brain needs fuel just like the rest of your body. Since the brain cannot store glucose, it needs a continuous source of fuel from foods. Start with a nutritious breakfast and continue with healthy meals and snacks through the day. Foods like blueberries, strawberries, and prunes show a positive benefit to short-term memory. Visit the ADA website at <http://www.eatright.org> and select "Food and Nutrition Information".

Take celery or carrot sticks, a piece of fruit, raisins, crackers, low-fat trail mix or yogurt to work so that they are available when hunger strikes. It is much more affordable and nutritious than the vending machines or coffee shop. For more ideas on healthy snacks, order a free copy of the "Sneak Health Into Your Snacks" brochure by calling the American Institute for Cancer Research at (800) 843-8114, ext. 10.

**Hydration** is important as well. To maintain adequate hydration, drink 6-8 glasses of fluids a day. Remember fluids count in the form of juices, milk, tea, as well as water. Is bottled water safer than tap water? There are no easy answers. For more information on this topic, go to <http://cspinet.org/nah/water>

Many employers offer benefits that focus on keeping employees healthy. Check with your Human Resources

**CDC: What do you think of the Macalester community so far?**

**JM:** It's great. It's interesting as far as the breath of the student population. Their interests are so varied. I really enjoy it because it makes my job much more interesting. During drop in hours, I might see 6 students in those 2 hours and each one is completely different. I might have an Economics major who is looking to go to Wall Street or someone who's looking to work for a non profit, and then another person who is looking for help sorting out what their options are. So it's fun and challenging for me, because it's not the same population coming in day after day saying I want to work for this particular organization. Each person at Macalester is an individual and has a different bent on where they want to go.

**CDC: You worked in Human Resources for most of your professional career. Why have you decided to work in Career Development and Counseling?**

**JM:** What I was finding was that I worked mainly for larger companies and I was missing that one on one interaction. I would do quite a bit of counseling and helping employees move within an organization. The trend though was more of a service center approach, where if you had a question on your benefits you would call an 800 number, or if you had a leave of absence, you would call that same number. So a lot of my contact points were being moved over to the service center, and I was getting less and less contact with employees. I found that the interaction with the employees was what really made my job interesting in the past. That's why working as a career counselor was an appealing shift of using those

**Company:** U.S. Securities and Exchange Commission  
**Location:** Washington, DC  
**Headquarters (and each of 11 regional and district offices nationwide)**  
**Position:** Summer Honors Business Program Coordinator  
**Deadline:** Mar. 1, 2004  
**Description:** Undergraduate and graduate students from universities across the country have the opportunity to work for ten weeks during the summer in supervised, substantive work assignments related to securities industry regulation. Workshops and seminars on cutting edge accounting and legal issues hosted by SEC executives. Program is open to college juniors and seniors (Fall 2004) majoring in business, finance, accounting and economics; and first year MBA students. For more information, visit the SEC's website:  
<http://www.sec.gov/>

**Company:** Peterson Environmental Consulting, Inc.  
**Location:** Mendota Heights, MN (with local and regional travel definite, national travel possible)  
**Position:** Archaeological Field and Lab Technician  
**Anticipated Start:** 5/1/04  
**Anticipated Number of Openings:** Numerous  
**Description:** PEC provides high quality, technically advanced environmental services to public and private clients. This position requires previous experience, field school(s), and/or BA/BS in anthropology or related field. PEC will provide additional training, as necessary. Basic mapping and photography skills, and knowledge of GIS and GPS are desirable. Applicants must be equipped to handle all aspects of field and lab work; transport and use of equipment up to 50 pounds may be necessary. The successful applicant(s) will be expected to work outdoors in a variety of field conditions and indoors in PEC's archaeological laboratory. PEC employees work together on crews in

department for information on wellness programs offered by your employer. You may be able to access your local fitness facility for a reduced rate or enroll in a smoking cessation clinic for a nominal fee. Many employers offer on-site health fairs, health risk screenings, and educational programs. If you have questions about which preventive services you need, get a copy of The Pocket Guide to Good Health for Adults. It includes tips and recommendations on good health habits, screening tests, and immunizations. The Pocket Guide is published by the U.S. Agency for Healthcare Research and Quality (AHRQ) and is available at <http://www.ahrq.gov/ppip/adguide/>

You don't have to wait until you graduate to practice these common sense approaches to staying healthy. Your current job as a Macalester Student provides a wonderful opportunity to develop good health habits. For more information on wellness at Macalester, call Lisa Broek, x6055, at Health Services.

## International Issues



### STAYING IN THE U.S. AFTER GRADUATION By Anna Kläppe, '05 CDC Student Staff

Are you an international student and about to graduate? Are you confused about what options you have to stay in the United States? The Career Development Center spoke with Aaron Colhapp from the International Center to find out more about Optional Practical Training (OPT). If you have not already sent in your application, this is the time to do it!

Optional Practical Training is an alternative available for international students who are on F-

same skills but in a different setting.

### CDC: Any horror stories from the Human Resources front or interesting interviews?

JM: I interviewed a lot of recent graduates, and I did have this one interview where I asked the interviewee what was a difficult decision he recently had to make. He said, very dead pan, "Choosing this tie." I almost started to laugh, because I thought he was joking, but he was serious and very nervous.

### CDC: Did he get the job?

JM: No. I didn't like the tie.

### CDC: Do you have any hobbies?

JM: I like to run, so I signed up for Grandma's marathon as a motivation to get in shape again. I've run some half marathons, but I haven't run a full marathon in 10 years, so I thought it would be a good occasion to see if I can still make it. I also love the outdoors and hike and travel a lot. We have a 6 year old who also loves to be outdoors and so this weekend we're heading up to Itasca State Park to do some hiking and snowshoeing.

### CDC: If you could have any job in the world other than the one you currently have, what would it be?

JM: If I had no restrictions, I would travel to exotic places around the world. My mode of transportation could be an airplane, boat, train, hot air balloon, or even a donkey. I wouldn't care. Just having so many new adventures would be awesome. I could go climb Everest and then go and do

the field during all phases of a variety of archaeological projects for public and private clients' development projects.

**How to Apply:** Fax resume - No phone calls

**When to Apply:** As soon as possible

**Contact:** Dr. Amy L. Ollendorf, P.G., R.P.A., Principal CRM Specialist

1355 Mendota Hts. Rd., Suite 100  
Mendota Hts., MN 55120-1112  
651.905.6136 (phone) 651.686.0369 (fax)  
612.803.6504 (cell)  
[www.petersonenv.com](http://www.petersonenv.com)  
aollendorf@petersonenv.com (email)

## On-Campus Recruiting

### Admission Possible

**Feb. 19** - Information Table  
**Feb. 26** - Information Table  
**Mar. 11** - Information Table  
Campus Center, Lower Level

### Epic Systems

**Feb. 13** - Call for Resume  
**Feb. 24** - Presentation  
7 PM - Kagin Commons  
**Feb. 25** - Interview

### Green Corps

**Feb. 12** - Presentation  
7 PM - Campus Center #214  
(Bring copy of your on-line application to the presentation for interview scheduling)  
**Feb. 13** - Interview

### MN Private Colleges Job and Internship Fair

**Feb. 17-18**  
Minneapolis Convention Center

### New York Law School

**Feb. 20** - Presentation  
12 Noon - Campus Center 215

Visas, but wish to remain in the United States for one year after graduation. The application process takes a long time, so Aaron recommends that senior students apply on the first day of their last semester. The latest date one can apply for OPT is the day before graduation, and there are no exceptions! The application cost is \$120. Checks should be made payable to the Department of Homeland Security.

- Approximately 95% of all international students at Macalester apply for the OPT in their senior year.
- The student need not have a job, or even a job offer, in order to apply for an OPT.
- The student MUST apply before graduation. No exceptions.
- Although the law says that the job should be related to the student's major, the connection between the two has historically been broadly interpreted.
- If a student fails to find a job, he or she is still allowed to stay in the U.S. and continue the job search until the OPT expires.
- Once on OPT, the student can leave the U.S. for up to five months, as long as he or she still has a valid student visa, and a signed Form I-20.
- The employment can take place anywhere in the U.S., including US territories such as American Samoa, Guam, Palau, Puerto Rico, Marshall Islands, etc.
- Once on OPT, the student can change jobs, or have more than one job.
- The student can choose what date to begin the OPT after graduation, but the start date can be no later than sixty days after graduation and it must end within 14 months of graduation.
- If the international student does not apply for OPT, he or she must leave the US within 60 days after graduation.
- After OPT is completed, the international student must leave the US within 60 days, or ask the

something completely different on another continent. I guess you said it was a job, so I probably would have to something other than just travel. I could write about my adventures for National Geographic or Travel Magazine. I could write about my experiences on each and then it would be onto the next adventure!



## Counselor's Corner

### RESUME WRITING by John Mountain, Career Counselor, Career Development Center

Last issue we talked about the importance of research in finding a position that is right for you. Now it's time to use that information to help tailor your resume to meet the organization's requirements. Your resume is typically an organization's first impression of you, so here are some things to ensure that first impression is a positive one!

*Try to keep it to one page* - Generally, as a current student or recent graduate, your experiences should fit on one page.

*Make it easy to read* - Make sure your resume has enough white space and that you are using a font size that is at least size 10.

*Use descriptive words* - Bring your resume to life with words like developed, interpreted, and implemented, instead of made, looked at, and completed.

*Highlight your best accomplishments* - Be selective on which accomplishments you select so they stand out to the reader. Better to have two very strong accomplishments than to add three so-so ones.

*Customize content* - Depending

**Northwestern College of Chiropractic**

**Feb. 18** - Information Table - Campus Center Lower Level

**Teach for America**

**Feb. 15** - Final Deadline - Submit on-line

**Mar. 22-26** - Interview

**Wells Fargo Bank**

(Credit Analyst - full-time position)

**Feb. 20** - Call for Resume

**Upcoming CDC Events**

**Interview Workshop**

**Feb. 13, 2004**

Noon-1pm  
Kagin 003

**Seniors: Cap and Gown Orders**

**Feb. 18**

Campus Center, Lower Level

**Resume Workshop**

**Feb. 19**

4:45-5:45pm  
Kagin Resource Library

**Sophomore Retreat**

**Feb. 20-21, 2004**

**Finding a Summer Job or Internship**

**Feb. 25**

Noon-1pm  
Campus Center 207

**Web Watch**

**Call to Serve**

<http://www.calltoserve.org>

**A Call to Serve** is a national initiative designed to help re-establish links between federal agencies and campuses, and provide you with information about the unique and dynamic opportunities that federal jobs provide.

Great features include:

employer to apply for an H-Visa.

- Other options to stay in the US after graduation, is to have an employer apply for an H-Visa, go to Graduate School, or win the Visa Lottery.

- Aaron cannot recall one denial of a Macalester student's OPT application.

For more information about the OPT, or other options related to remaining in the US after graduation, please arrange to meet with [Aaron Colhapp](#) or [Marilyn Cragoe](#) at the International Center, x6310. Good Luck!

**Senior S.L.A.M.**

*(Seeking Life After Macalester)*

**Have You Thought About Letters of Reference Yet?**

If you have been applying to graduate or professional school, you have already dealt with them. But the rest of you might want to address this topic before leaving campus in May.

Letters of recommendation are not frequently used in the employment process, the exception being teaching and other academically-connected positions. Most employers would either prefer to speak directly to references. The reality is that fewer and fewer employers will give recommendations because of increased litigation by unhappy job seekers - some organizations now have policies that limit "recommendations" only to confirmation of employment dates and job title.

But graduate and professional schools will most definitely request letters. You should discuss your future application plans now with faculty or staff that you would like to serve as references. If they agree to serve as a reference for you, ask them how they would like to handle

on the position you're looking at, you may want to emphasize some experiences in your background or de-emphasize others.

*Never embellish*

*accomplishments* - Your resume is a reflection of you and should only include contributions that you have accomplished.

*Proofread your resume* - It is always a good idea to review your resume several times to ensure there are no spelling or punctuation errors. Have others take a look at it as well to make sure you didn't miss anything.

Remember, your resume is a reflection of you. Take the time to make sure you make the best impression possible. Just like research, the time you invest will improve your results. A great resume can't guarantee you the position, but a poor one can definitely keep you from getting it. If you are wondering if your resume is complete, take a minute to see if it contains the three C's. Is it Clear, Clean, and Concise?

Clear- Is the message you are trying to convey in your resume coming through?  
Clean- Visually, is it easy to read? Is there enough white space, and have you used indents, bolding, and italics effectively?  
Concise- Is the resume too wordy? Could you say the same thing more succinctly?

Resume writing can be tough work, but the CDC can help. Set up an appointment today to meet with a career counselor to review your resume. In addition, we have numerous resources available in our library as well as online examples of different resumes styles ([link to resume examples](#)) that can give you a great head start!

**Linking Community Service to Federal Service**

Are you actively involved in community service? Do you wish that you could pursue a lifelong commitment to helping others while still earning a living? Take a look at our Service "Decoder" to find out more about how you can translate a passion for helping others into a great job in the federal government.

and...

**Locating Federal Jobs Near You**

Look at these federal job sheets to discover the possibilities for employment in a metropolitan area near you.



**Beyond the Piggy Bank**

The Career Development Center and Financial Aid Office have teamed up

to provide you with information on managing your personal finances. We hope you find the information useful. This newsletter's topic is:

**"Creating a Budget: Keeping Track to Stay on Track"**

**Featured Fellowship**



The Jack Kent Cooke Foundation 2004 Graduate Scholarship Program seeks to identify students who are excelling academically and in other activities, *and* have significant unmet financial need, defined by

the letter process. Would they prefer to handle management of it themselves, sending out letters to each school you apply to OR would they prefer to write one letter and have you manage it's distribution? Many grad school applicants have used third parties such as Interfolio.com (it received a positive review recently from an alum applying to med school) or ReferenceNow.com to serve as holding/ mailing services for confidential letters (where you have waived your right to see what is written). They charge a fee -you tell them who, what, when, and where to send things.

A couple of tips when asking for letters of recommendation:

- provide information like your resume, info on the program you are applying to, etc. to help the letter writer be complete
- check to make sure the letter has been written/mailed/received
- give the letter writer plenty of time - you are more likely to get a complete, thoughtful recommendation
- thank the letter writer - a personal card, etc.

**Junior Jump-start**

**Networking With Alumni is One of the Most Valuable Things You Can Do for Your Career!**

No matter where you are in the career process, whether it is trying to figure out what you want to do after you graduate OR you know what you want and are getting started in the job search process - alumni should be a first stop. Alumni can provide you with inside information on what a job or an organization is really like, advice on how to get into a field or company, suggest things to do before you graduate, provide names of other people to contact. In fact, for some fields such as consulting or investment banking, it is almost a mandatory step! Alumni in those

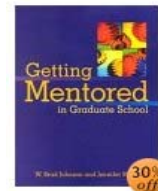
**Next Issue: Informational and Mock Interviews**

**The Bookshelf**

**Getting Mentored in Graduate School**

**—Authors W. Brad Johnson and Jennifer**

**M. Huwe, American Psychological Association, Washington, DC, 2003.**



Do you know exactly what a "mentor" is? Do you know what the benefits are from having a mentor, especially when taking on challenges such as graduate school? Research has shown that students who are mentored enjoy many benefits, including better training, greater career success, and a stronger professional identity.

**Getting Mentored in Graduate School** is a guide to mentoring relationships written exclusively for graduate students. Authors Johnson and Huwe draw directly from their own experiences as mentor and protégé to advise students on finding a mentor and maintaining the mentor relationship throughout graduate school. The authors, W. Brad Johnson, Ph.D., professor of leadership, ethics and law at the US Naval Academy, and Jennifer Huwe, PsyD, of the Portland Veterans Affairs Medical Center, say they were inspired by their own mentor/mentee relationship.

"A good mentor...serves as a role model," Johnson says, "demonstrating complex professional skills that rarely can be learned in any other way."

This book may seem to portray

income level and whether the applicant has educational expenses beyond other grants or scholarships received. In 2004, the Foundation will award approximately 35 scholarships to outstanding students to begin graduate studies in fall 2004. The award provides funding for tuition, living expenses, required fees, and books. The maximum award available per student is \$50,000 per year, and the maximum length is six years.

**NOTE: Macalester campus application deadline is March 30, 2004.**

For details on the scholarship go to: [www.jackkentcookefoundation.org/jkcf\\_web/home.aspx?Page=Main](http://www.jackkentcookefoundation.org/jkcf_web/home.aspx?Page=Main)

[Ellen Guyer](#), Dean of Academic Programs coordinates the Macalester application process, x6036. Be sure to talk with her if you are interested in applying for a scholarship.

### What is the CDC?

The [Career Development 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.)**

areas are your primary access points to the industry. They will assume that if you are REALLY interested in the field or the firm, that you will be emailing or calling them this spring and summer.

The CDC can provide you with lists of alumni in particular career fields, geographic locations, or alumni who have attended particular graduate schools. And we can advise you on just how to connect with these valuable resource people. So, start building your network TODAY!

### Sophomore Syllabus

#### Thinking about Study Abroad?

The purpose of study away programs at Macalester is to give you an opportunity to pursue your primary academic interests in another region of the world. Study away is not intended to be an introduction to a discipline. Instead, it is expected that you will build on knowledge and perspective you have already gained through your course work at Macalester. Therefore, in almost all instances, you need to demonstrate in their application how the study away program and the specific courses you have selected will enhance your major(s) and your overall educational goals for a Macalester degree.

Some important questions to consider as you weigh program options are:

- Which program or university offers the best courses in your specific major or combination of majors?
- Are your educational goals best achieved in a major metropolis, a medium-sized town, or a tropical rainforest?
- How large is the enrollment of the program or at the university and how many are Americans?
- Which program model is a better fit for your learning style and course

itself with common sense material at first glance, yet within its pages the book reveals valuable and informative information. It includes recommendations on how to increase the chances of getting mentored, what to look for in a mentor, how to get things off the ground, and how to deal with problems. The book provides specific guidance for women and minorities. The chapters on what to look for in a mentor and how to go about getting a mentor relationship are ones that may be extremely useful to seniors at this time. An overall theme in these chapters is to be proactive and get moving. I it is never too early!

Overall, the book is relaxed, handy, and educational. Johnson and Huwe offer reasonable strategies and equip readers with the tools they need to anticipate and prevent common pitfalls and to resolve problems that may arise in mentoring relationships. This book is crucial reading for students who want to learn and master the unwritten rules that lead to finding a mentor and getting more from graduate school.

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

### Grad School Notes

#### Managing Application Acceptances & Rejections

During the waiting and acceptance/rejection period, it is important to keep the following suggestions in mind:

- Remember that a you must also decide whether to accept or reject a program's offer for admission
- Think about how to respond to

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



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 Version of Newsletter**

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

needs: integrated study, field study, or internship?

- Would you like a chance to do an independent study project?
- \* Does the program include a homestay? If not, how will it connect you with members of the host society?
- Do you need or want to improve language skills?
- Do you want to study in the "developed" or the "developing" world?

Check-out program listings and descriptions at the International Center's Virtual Advisor at <http://www.macalester.edu/internationalcenter/guides.htm>.

Please note that you must submit a completed Macalester study away proposal by the appropriate on-campus deadline date, and be approved by the Study Away Review Committee (SARC). These deadlines will generally fall on the first Friday of October for students wanting to study away in spring term, and in mid-February, (on the third Friday of the spring semester) for those planning fall term or year-long programs.

*Information provided by Macalester College's International Center.*

## **First Year Focus**

### **Creating a Plan for the Out-of-Classroom Experiences**

Putting together an academic plan is important. But just as important is creating a plan for the out-of-the-classroom experiences you want to include during your 4 years at Mac. Are there particular skills you want to build, such as leadership, communication, event management? Are there places or communities that you want to learn more about? internationally, domestically? How is your self-knowledge? are you clear on your values, identities? Where do you see yourself going and how will you get there? Sometimes, this kind of planning is more challenging than

possible acceptance/rejection scenarios, especially if the you have applied to more than one program, is crucial.

- Although ranking one's preferences for graduate programs is helpful, the acceptance/rejection process can be complex. For example, if you have not heard from your first choice for a graduate program and receive an offer from your second choice. In this situation, you could choose one of several options: a) immediately reject the offer; b) immediately accept the offer rather than wait to hear from your first choice; or c) ask for time to make a decision and contact their your choice to see if you are still being considered or wait to hear from the program.
- Seek support (e.g., parents, friends, faculty, counselors at CDC & Winton Health Services) when going through the application process.

It is also important to have alternative plans or ideas in case of rejection by graduate schools. You may want to allow yourself time to get support or perhaps counseling if you are very disappointed. Some students will feel relief realizing that they really did not want to go to graduate school at this time. If you need help, be sure to seek support from friends, faculty, family, or assistance from counselors. If there were alternative plans in case graduate school did not work out, you can evaluate those plans for the present. If there were no plans, you will want to consider your options now. If you would like to brainstorm the possibilities, come into the CDC.

selecting your classes for next term!

Take some time this semester to think about these things. Also, reflect on what you have done to date - how did you feel about them, what did you learn? Then, put some plans to paper - some goals for this semester and beyond, and activities/actions you can take to reach them. Think strategically - incorporate people, resources, activities that can move you along. There are many people on campus that can assist you - the CDC and other student affairs offices, faculty and staff, friends, parents, supervisors.

This is not to say that every activity or experience must somehow relate to a goal or a plan - there is a richness in being open to the moment that can't be replicated! But these four years will fly by and the more intentional you are in the creation of your educational experience, the more satisfied you are likely to be. GO FOR IT!

February 12, 2004