



CareerStreet

A Publication of the Career Development Center Macalester College

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"Work while you have the light.

You are responsible for the talent that has been entrusted to you. "

- Henri-Frédéric Amiel, Swiss philosopher and critic (1821-1861)

Did You Miss An Issue?

[View Previous Issues Here](#)

Upcoming CDC Events

INTERVIEWING SKILLS

Thu., Oct. 6
12-1 pm
Campus Center 215

SOPHOMORE MAJORS FAIR

Tue., Oct. 18
6:30-8 pm
Alexander G. Hill Ballroom,
Kagin Commons

RESUME WORKSHOP

Tue., Oct. 25
12-1 pm
Campus Center 215

GOVERNMENT JOB FAIR

Mon., Oct. 31
Coffman Memorial Union
University of Minnesota-
Minneapolis

Grad School Notes

The CDC and MAX Center Present a Fall 2005 Special Workshop Series: *Grad School, Here I Come!*

Applying to Grad School
Thursday, September 29
12-1 pm - Carnegie 06

GRE - Overall Strategies
Thursday, October 6

Counselor's Corner



WHAT'S YOUR NEXT STEP? by John Mountain Assistant Director, Employer Relationships, CDC

It's that time again. Even though the semester has just begun, thoughts may have already started to bubble up asking "what's my next step?" Internship... Grad School... Job? Each person is going to have a different next step that is right for them, but the CDC can help you clarify some of those options. Just like studying for an exam, there is a correlation between the amount of time and effort spent researching companies/industries/grad schools, and the chances of finding a good fit for you. Here are a few things to think about when starting your research.

- What type of work/organization/graduate school are you interested in?
- What locations are most attractive?
- What criteria will you use to determine the best fit?
 - School ranking, location, work/life balance, starting salary, growth potential?
- Are there any current openings? What level of experience is required?

It can be overwhelming to think that you have to figure this out all on your own. Fortunately, the CDC has numerous resources to help answer

Macalester at Work by Eileen Fitzpatrick '06 CDC Student Staff



Emily Harris, '06

Emily Harris is a psychology major who returns to Macalester this semester as a senior. She joins many Macalester students who are beginning the challenge of transitioning their college experiences into their future plans, so we asked her to discuss her summer internships and post-grad plans.

CDC: What made you decide to major in psychology?

EH: Process of elimination. I realized what I didn't want to do and came back to what I thought I might want to do as a first year.

7-8:30 pm -Carnegie 06

Financing Grad School

Tuesday, October 11
12-1 pm - Carnegie 06

Writing the Personal Statement

Tuesday, October 11
4-5:30 pm
Kagin Commons 119

Quick and Dirty GRE Prep

Thursday, October 13
7-8:30 pm
Carnegie 06

Be sure to check out the diverse GRE and graduate school resources in the Kagin Resource Library and GRE Prep Software in the MAX Center.



Hot Jobs

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

**Addiction Recovery Professionals, Inc
St. Paul, MN**

Position: Internship
Wage: \$11.00 per hour
Deadline: 10/8/05

Organizing, locating information from web sites, fact-checking, market research, office organization and procedures.

**Lehman Brothers
Washington, DC**

Position: Spring Internship
Deadline: 10/09/05

Equity Research team internship, full time. Job function: Analyst, Health Services/Healthcare, International, Law, Research, Writing. Alumni from this program have gone on to top ranked grad schools of law, business, and public policy as well as full time positions in

some of these questions.

- Career assessments, such as the **Myers-Briggs** and the **Strong Interest Inventory**, can help better define your interest in a particular area and how your style might fit in.
- Research tools that are available on the **CDC** web site include:
 - **Vault**-A great research tool on industries and organizations.
 - **CareerSearch**-Identify potential employers that are in a particular geographic area and industry.
 - **Grad School prep**- Our office can help with the application process and partners with the MAX to provide the resources you need to get into the school you want.
 - **Grand Avenues**- Your link to hundreds of positions listed with Macalester.
 - **Other online resources**- Link to dozens of other research resources from our CDC web site
- Meet with a **CDC** career counselor to discuss research strategies and other resources that are available, such as:
 - **Alumni contacts**
 - **CDC Library**

Like all good research it is critical to allow enough time to do a thorough job. Start your research now to avoid a frantic pace later. Call 696-6384 or email cdc@macalester.edu to make an appointment today to speak with a career counselor and leverage all the tools and resources that are available!



Beyond the

CDC: What are your plans for next year?

EH: I am applying to MSW (Masters in Social Work) programs anywhere that's warmer than here.

CDC: How did you make that decision?

EH: I decided against getting my PhD because I didn't want that commitment. And, the MSW programs give you a lot of flexibility.

CDC: What were you up to this past summer?

EH: I had an internship at Chrysalis in Minneapolis as a Family Education intern. I also worked at the Macalester Info Desk and babysat to make ends meet.

CDC: How did you learn about your internship?

EH: I looked at campus web sites, and I Googled and talked with other interns. I had looked previously into doing an internship at Chrysalis during my freshman year.

CDC: Describe the interview and application process?

EH: It was really informal. Other paid internships I had applied for were more intense. But I accepted the one at Chrysalis before finding out about them.

CDC: Could you tell us a little about your internship and what you did there?

EH: I did two things at Chrysalis. Most of my time was spent as a resource counselor, providing phone and walk-in emotional support and finding resources in the community for a variety of

finance including Lehman Brothers.

**Yale University
New Haven, CT
Position: Research Assistant**

Full Time

Deadline: 10/09/05

Department of Psychiatry, laboratory studying cognition and brain function in adolescent substance users. Assist in subject recruitment, the fMRI scanning procedures, data management, image processing, subject recruitment, administration of psychological and cognitive assessments, and conduct follow-up assessments. Entry level opportunity for a highly motivated individual who is interested in educational psychology, neuroscience, neuropsychology, or experimental psychology.

**Fishbowl Solutions
St. Louis Park, MN
Position: Software Engineer - Entry Level**

Full Time

Deadline: 10/14/05

Provides analysis, programming, testing and documentation for new software development and consulting engagements. BS degree in Computer Science or equivalent is required.



On-Campus Recruiting

To access a list of the most current on-campus employer presentations, information tables, resume deadlines and interview dates go to:

<http://www.macalester.edu>

Piggy Bank

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

"Understanding Company Benefits"

The Bookshelf

***"The Congruent Life "* - Author C. Michael Thompson, Jossey-Bass Publishers, San Francisco, CA, 2000.**



Amidst the chaos and complexity of our daily lives, most of us feel the need for a deeper sense of meaning. And more and more of us are searching for that meaning in the offices where we spend the majority of our waking hours. In *The Congruent Life*, C. Michael Thompson reunites two subjects that have long been separated - what we do for personal fulfillment and what we do for a living. He traces the history of this separation and examines how a change in our attitudes toward work and a shift in our definition of spirituality can lead us back to a more congruent life.

Thompson weaves together the disparate strands of spirituality, depth psychology, and adult development theory to explore what this search consists of, what we may encounter along the way, and what the implications will be for our lives and our organizations.

Spirituality, as Thompson defines it, is not adherence to any particular creed or dogma but a life orientation that creates meaning and purpose in all aspects of our lives, including our work lives. Good leadership is the fruit of that life orientation, rather than a set of skills and competencies. Thompson shows that leadership is a process of growth and maturation fed by the leaders inner

women. I also helped out in divorce education workshops for kids ages six to seventeen. These workshops are mandated by the county courts for kids whose parents are divorcing, for instance if the divorce gets nasty, or they don't want joint custody, or there's any kind of abuse.

CDC: Do you think your experience at Chrysalis will help you in graduate school or with other future plans you have?

EH: In fact, I'll be writing about my experience at Chrysalis as part of my personal statement for grad school applications. It has given me a good perspective on both direct practice and the politics of a non-profit.

CDC: Do you have any advice for students?

EH: Use the resources at your disposal and get started early. I had everything out by February and applied to ten places. So, get yourself to be a little self-doubting and neurotic and you'll figure something out.

Senior S.L.A.M. (Seeking Life After Macalester)

Seniors - You made it. The last year is finally here! Students who have gone before you have told us to let you know that the year goes VERY fast. So to honor their request (and shamelessly promote some of the CDC efforts), here are some things coming up that you, as a senior, will want to pay attention to:

SEEKING A JOB? On-campus recruiting has officially started, with major employers already started collecting resumes and setting up interviews (the first deadline was 9/21/05). If you are

[/cdc/recruitcurrent.pdf](#)



Suggestion Box

MAKE EVERY MINUTE COUNT

Make every minute count. College is a time for preparing for your future. Look for opportunities. Many departments offer internships that may lead to job opportunities; ask about them. Volunteer, become active in campus activities, join organizations. Graduating with a good GPA is good; graduating with a good GPA and activities to put on your resume is better. However, do not let extracurricular activities get in the way of keeping up your grades.



Web Watch

NWF's Women for Sustainable Development Project

Thinking about a career in the environmental field? Interested in sustainable development? The [National Wildlife Federation's Women for Sustainable Development \(WSD\)](#) project is designed to offer career building skills and educational opportunities to college undergraduate student women in the U.S. and Mexico. WSD is designed to help young women entering the environmental field become strong environmental professionals, and effective leaders on population and environment issues. Interested in participating for the 2005-06 school year? To request an application, send an email to population@nwf.org or visit their web site at:

spirit and he explains how such inspired leadership is essential in meeting the challenges the future holds for businesses, nonprofits, and organizations of all types.

Thompson's insights are interwoven with case studies from his work as an executive coach and spiritual director. Each chapter contains questions and exercises for further reflection. Thompson concludes the book with recommended practices, disciplines, and resources that will help readers and their organizations enjoy the outer fruits of a richer inner life.

(This book can be found in the Kagin Resource Center, Career and Life Planning section.)

Featured Article

GOING GLOBAL?

Are you dreaming of taking your skills and making yourself a career abroad? Macalester students are often well traveled and curious about the world. Our high rate of study abroad is one indication of this. More than half of all Macalester students study abroad (we have studied and lived in more than 63 countries during the last five years!). It is no wonder that during the long summer break, or after graduation, many Macalester students seek new adventures in new places.

While an international career can be exciting and rewarding, jobs abroad can also be difficult to find. In order to succeed, you will need persistence, great planning skills, and a proactive approach. Below is some advice on how to advance your international job search.

- The CDC has many resources in the Kagin library. The books, guides and informational hand-outs can provide you with inspiration, addresses, advice, and country-specific information. Among some of the titles available are: *Almanac of International Jobs and Careers, Alternative Travel Directory, Great Jobs Abroad, International Internships and Volunteer Programs,*

going to actively engage in looking for a job, stop by the CDC ASAP and schedule an appointment with a counselor so you don't miss an opportunity. The employers are diverse, ranging from investment banks to private schools. Also, check out workshops on interviewing, etc.

THINKING ABOUT GRAD SCHOOL? The CDC and MAX Center have a series of workshops related to grad school during September and October - be sure to check them out (***See Grad School Notes for details***). You can also begin preparing for those oh-so-fun entrance exams and starting to talk to faculty about getting letters of recommendation.

NOT SURE? We know that many of you are still trying to figure out what you want to do. While you work on deciding, you should go ahead and attend workshops on job search, grad school, etc. You don't want to miss the opportunity to learn about this. Then you can work with CDC staff on strategies to provide you with some focus for what you want to do when you graduate and how you want to live your life! As a student of Macalester College, you are trained to look at things in an inter-disciplinary fashion; our job at the CDC is to help you bring that training to bear on your search for a life after Macalester. There is no one path, regardless of your area of study, and part of our job is to help you explore and consider the many different ways that each of you can uniquely apply your Macalester College experience.

So take a leap and let's get started!

Junior Jumpstart

THE BIG QUESTION

www.nwf.org/population for more information. The deadline to apply is November 3, 2005.

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.

BUSINESS HOURS
Hours: 8 AM - 4:30 PM
Monday - Friday

**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
Web site:
www.macalester.edu/cdc**



[PDF Printer Friendly Version](#)

Jobs Worldwide, Overseas Summer Jobs, and Work Abroad.

- If you know what kind of international career you are looking for, completing an Alumni Information Request may enable you to contact and gain insight from Macalester alumni who live and work in a specific country. Although it is inappropriate to ask alumni to find a job for you, they may be able to provide good advice and invaluable contacts. Stop by the CDC to search for alumni in a specific country, or who work within your field of interest.

- Use your networking abilities. You may already have invaluable contacts in your dorm, on your soccer team, or in your art class! Do not forget family friends and people from your hometown either! If you know a fellow Macalester student from the country you are interested in working, invite them out for coffee and ask them to tell you about their country and their culture. The more you are prepared, the better.

- American companies abroad, or foreign companies in the United States, may be the least difficult companies to get a job with. These companies may be more willing and familiar with hiring non-nationals rather than, for example, a small local company in the most northern part of Sweden. The American Chambers of Commerce Abroad ([AmChams](#)) is a good place to start looking for information. The chambers are voluntary associations that advance the interests of American business overseas. See the United States Chamber of Commerce's web page to locate country-specific Chambers and information: www.uschamber.com

For more information on the Web about creating an international career visit:

<http://www.macalester.edu/cdc/jobsearchintl.html>

Juniors - Are you starting to get asked THE big question... "What are you going to do after graduation?" Do you break out in a cold sweat when you hear those words because you just don't have an answer? Here are a FEW things that you can do this year that just might help you formulate an answer.

- Conduct informational interviews to find out about jobs that might interest you (don't forget to seek assistance from friendly Macalester alumni - the CDC can help with this).

- Attend CDC programs on topics including applying to graduate school, job search strategies, interviewing skills and resume writing.

- Use your contacts (family members, family friends, professors, etc.) to identify careers, job opportunities, graduate schools that might be of interest to you.

- Participate in community service activities

- Do an internship

- Shadow people doing the type of work that you might enjoy

Come and talk to the staff at the CDC!!! We are here to assist you in exploring all of your options.

Sophomore Syllabus

MAJORS FAIR

Sophomores - Choosing a major can be fraught with anxiety and frustration. Which major is right for you? How do you choose between departments?

You are not in this process alone.
Join your classmates for the:

**Sophomore Majors Fair
Alexander G. Hill Ballroom
Kagin Commons
Tuesday, October 18, 2005
6:30-8pm.**

First Year Focus

**WELCOME TO MACALESTER
FIRST YEAR STUDENTS!**

First Years - We here at the Career Development Center want to wish you the very best as you begin college life.

We are here for you! Consider this an open invitation to visit us anytime. You can schedule an appointment with a counselor, or stop by Monday through Friday during Drop-in Hours between 2-4 PM.

The best way to plan for your academic experience and ultimately your career path is to start early. Watch for an overview of the career development process, geared towards first year students, in the next newsletter.

Good luck!

September 26, 2005