



CareerStreet

A Publication of the Career Development Center Macalester College

Vol. III - Issue 2 - October 10, 2005

*"We are made to persist. That's how we find out who we are."
- Tobias Wolff, 'In Pharoah's Army'*

Did You Miss An Issue?

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Hot Jobs



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

Internship

**Project Transformation
Charlottesville, VA
Summer, Paid
Deadline: 3/15/06**

Interns provide activities like beginning each morning with singing, followed by Bible lessons and worship, an hour of reading with volunteer tutors, crafts and recreation. Interns meet with people who are combining faith and work in their vocations.

Internship

**Dekalb County Child Advocacy Center
Decatur, GA
Spring internship, Part-time, Unpaid
Deadline: 10/29/05**

Interns handling tasks like assisting attorneys and investigators with the following: facilitating office administration, preparing court reports, visiting schools and



Counselor's Corner

NETWORKING: CONNECT TO YOUR NEXT EXPERIENCE

by John Mountain
Assistant Director,
Employer Relationships, CDC

Networking is one of those things you know you need to do, but it is so easy to put off. How many times have you said "I should really call that person", or "Yeah, she would be a great contact for me." We are all guilty of not being as proactive as we could, but the beauty of networking is you can start anytime and there is no one keeping score of how little you have done in the past. The only fact that matters is that you do start!

Another common apprehension about networking is a feeling of "using" a contact to get what you want. The reality is that for many positions you would never hear about the position without a connection. Secondly, it might feel like you are on the taking side of the networking relationship now, but you will have the rest of your life to provide other people with connections to hopefully help them get to where they want to go. Almost all of the people you will contact remember when they first started networking, appreciate the contacts they received then, and are more than willing to help. Remember, networking does not get you the position, but it will generally get you in the door, or open another door, to give you an opportunity to

Macalester at Work

by Eileen Fitzpatrick, '06
CDC Student Staff



**Travis Feezell
Athletic Director
Athletics & Recreation**

Travis Feezell joined the Athletics staff as Athletics Director in August, after coming from Whitman College in Washington. He took time to talk to the CDC about changes in career paths, catching a break in college athletics, and his excitement about new plans for Macalester athletics. He welcomes questions from students interested in careers in athletics.

CDC: As a child, what job did you see yourself in as an adult?

TF: I think I wanted to be a professional sports player of some kind. I guess that's the traditional mode. I played a lot of different sports - baseball, some basketball, tennis and a lot of different things. In a sense I guess everything is circular, because I guess everything is circular, because although that's what I wanted to do, I realized in college that I couldn't be a professional athlete because I wasn't talented enough. After that, I thought I wanted to pursue an academic career. I realized that while I enjoyed

interacting with juvenile court personnel, social workers and other professionals in the field.

Teacher
Educational Resources
Group - Nationwide (All 50 States)
Full Time
Deadline: 10/26/05

All that is required is a bachelor's degree. Subjects in demand include Math, Physics, Spanish, French, Latin, English and History. Candidates who have experienced with children and coaching skills preferred.

Marketing Coordinator
Information Mapping
Waltham- MA
Full Time
Deadline: 10/31/05

Duties include the administration of conferences, tradeshow, events, vendor relations, and day to day maintenance of marketing database, maintaining website, coordinating pre-press production and printing, entering and tracking marketing leads.



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.mcalester.edu/cdc/recruitcurrent.pdf>

articulate your experience in an interview.

It is also important to think of potential networking contacts in its broadest context. Even though at first a person might not seem to be a good connection for you, you never know who that person knows, works with, is friends with, is a neighbor of, etc. A case in point is a student who was recently buying a car and the seller happen to be an executive for a company. As they were talking, he asked the student to send his resume and said he would pass it along to the hiring manager. Sure enough, it led to an interview. That might seem like an extremely rare chance meeting, but it goes to show that you never know when a key contact might be out there. This does not mean that you have to be constantly giving your sales pitch to everyone you meet, but it is important to think about how would you answer the common question of "what are you thinking of doing next?" Having even a general answer to that question can be extremely helpful in expanding your current network.

There are many people that might be extremely helpful to contact as you explore your next steps. Some of them include:

- Family/Friends
- Alumni
- Former/Current employers
- Professors
- National/Regional associations related to your interests
- CDC online research materials

As I stated before, there are no points taken off for what you haven't done in the past, the key is what you do now. A little effort today can have a huge impact down the road. Contact the CDC at x6384 today to set up an appointment to discuss how you can use networking

being in an academic environment, I was much more passionate about sports and so found my way back to being involved in sports as a career.

CDC: What was your very first job?

TF: First, let me put things in context. Both of my parents are academics. My father is a professor of philosophy at Creighton University, and my mother is an education professor at Middle Lutheran College. As I was growing up, she was completing various degrees and also serving as an elementary school teacher in Omaha. So, I was raised in a house full of teachers, and books, and balls.

My first job actually related to where my father taught at Creighton. I cleaned dorms, I waxed floors, I cleaned the living space areas. They called us the Scumbusters. I must have started in the 8th or 9th grade, but I continued to work through college during summers and breaks. I advanced (I guess you could call it that) to the waxing floor crew. During the summer or breaks we literally waxed most of the floors in the institution. That was my first real job.

CDC: You played baseball in high school and college, then majored in English and earned a Masters in Medieval British Studies. How did you decide to focus on athletics and education?

TF: I wanted to be a college baseball player and was a student athlete, but I grew up in a household of books. I think I had a natural gravitation toward English literature. I became a straight English literature major, after deciding not to go into teaching, and absolutely loved it. Ultimately, I thought I would become an academic and pursue a PhD in literature. After receiving my undergraduate degree, I was very interested in medieval literature. Also, I knew I wanted to study abroad in some capacity. I had not had that opportunity as a Division

Upcoming CDC Events

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



Web Watch

CALL TO SERVE

Call to Serve spreads the word to students about the opportunities and rewards of federal service. Its educational networks and library of student handbooks help a new generation make a difference through public service.

Discover some of the possibilities for internships and employment within the government. Explore a number of resources outlining the nature of public service careers and the benefits they provide.

<http://www.ourpublicservice.org/workforusa/workforusa.htm>



Beyond the Piggy Bank

to help you open a door or two.

Featured Article

WHY STUDENT ATHLETES SUCCEED AFTER SPORTS

When people ask if playing sports in college helps you after you graduate I always refer to what a college friend and Division III College All-American told me. After undergrad she worked in Career Services at Babson College, a respected business oriented school outside of Boston, MA.

“When corporate recruiters came to Babson, they said ‘**Show me the resumes of your athletes first.**’ Companies believe that there is a good chance these candidates have the traits for success they are looking for.”

Success can be defined in numerous ways, but for these purposes lets say that success equates to being a productive professional. In no way am I arguing that persons who do not play sports are less capable either. Each person has his or her own capabilities to succeed.

Suppose you are a former college athlete and you are on your first job interview. You have little relevant work experience at this point in your career, so you need to show potential based on past performance and experience. How can athletic experience be used to build a case for why you will be successful?

Outlined below are several assumptions that you can use in an interview. Not all of them will be needed, and some are better suited than others depending on the circumstances of the job or the person interviewing you. Think how these might apply to you!

Teamwork –

Corporate America always throws this buzzword around. “I have to

I athlete. So I went abroad on a Rotary Fellowship to the University of Wales in Cardiff. It was a phenomenal learning experience in the classroom, as well as a wonderful opportunity to experience a foreign country and a different setting. It was also my first year of marriage, so we lived off campus and had to negotiate real life, including things like how to rent a place to live and get utilities. Half to three quarters of the way through that experience I really found myself missing athletics. I realized that it was really something I wanted to do. So clearly, I needed to shift gears. I completed my masters degree, came back and lived in Denver for a year, and just tried to figure out how I could get myself involved in college athletics. In some ways I think I was naïve, because there’s a sense that you can just apply for jobs in athletics, and having been an athlete you can jump right in and get the job. Well, I sent out a lot of different resumes and got nothing, absolutely zero. So, that was a learning experience about the fact that athletics is an insulated world. Being a participant in sports and being involved in a career are two very different things. What I discovered was you needed to: A) catch a break somehow, B) search for those breaks, and C) get your foot in the door any way possible, whether that’s an internship, volunteering, or getting paid peanuts to do a lot of different jobs. Once you’re in, though, you can stay in for a lifetime, because in this insulated world of athletics you tend to know people and to make contacts very easily. Also, when you hire people, rarely do you hire somebody from the outside. You just go to your contacts. So, I got nothing during that first year until very very late in the summer, when my wife and I had the opportunity to go to Wayland Baptist University and work in sports programs there.

CDC: What do you like best about working with college students?

TF: I love this age. People have asked me, would you ever want to do junior

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:

"Financial Basics for College Students"

First Year Focus

TIME MANAGEMENT FOR COLLEGE ATHLETES

Becoming a freshman in college brings with it a lot of responsibility, most of which you've probably heard your family, teachers, and even friends talk about before. You have to get yourself to class, get your studying done, clean your dorm room (or not, depending on your roommate's personal habits), and try to have a social life. This can be enough stress to cause most first year students to dive under their bunks in fear. So if you're thinking about adding sports to that equation, it might seem like insanity. Fortunately, generations of student athletes have made it work--and not, as some people assume, by letting their schoolwork slip.

If you already compete in sports, you may have at least some idea what it is like to be a student athlete and juggle the commitments of school, sports, and friends. The hardest part of the transition may not be the new level of competition, but the fact that you are suddenly much more accountable for your results both on the field and in the classroom. No longer are you competing for yourself. Suddenly everything you do goes toward the team score--or the team grade point average. It

email my team about this project." Or "My team has an off-site meeting next week." Or "The brand management team is compiling their recommendations for the quarterly meeting."

Typically, you are part of a team that is the company, a smaller team that is your business unit, and a sub team that is your group. Each team has people who specialize and have strengths that compliment those of other team members. You are expected to "coach" younger team members, to "assist" on projects, to "execute" a strategy, etc. Even the lingo is borrowed from team sports.

Having been a team member means you understand these concepts of teamwork. That there is a boss, that you take people under your wing and "mentor" them, that each person does a small part in the big picture to make things work.

Hard work and persistence yield improvements –

Work ethic is highly regarded in this country, at times almost too much. But in areas such as sales, persistence and hard work are sometimes the only keys needed for success.

Behind the big sales deal, a new product launch, critical media blitz, or end of month deadline are countless hours of mundane work, setbacks, obstacles, strategy adjustment, and late nights. Just like game day when everything comes together in the 2 hours you compete – how much work did you put in during the week, off-season, all the way back to junior high, to make that one game a success. The sprints ran, the film you watched, the repetitive drills you did – they all add up!

You have a perfect analogy to explain how you understand the keys to success!

Take instruction/criticism –

The last thing a manager wants is a know-it-all entry-level employee. A

high—absolutely not. That age drives me crazy. High school—no, I don't think so. I think you're still dealing with some issues, particularly in athletics, that I don't want to be around. College for me is that time where there's a kind of awakening for students, when they figure out who they want to be, and what they want to be, and what they want to look at in their life. And it happens on a grander scale than it would at a high school level. At places like Macalester and Whitman, athletics can be part of that growth process. One of the things I love most is when students come in and want to talk about, "How do I get involved in athletics?" or, "I really like to read books which is great, but how could I pursue a doctoral program and mix that with athletics?" I love being a part of that. So I like this age as sort of the great becoming for students. I wouldn't trade that. I also love the sense of a college community, faculty, staff, students, events that happen—not just athletic events. I love that kind of fabric.

CDC: How did you find your way to Macalester?

TF: National search. I was the AD at Whitman for five years, and I think over the course of the last year or two I had come to realize a few things. First, that the professional challenges at Whitman were diminishing, and I wanted to be able to accomplish some things that I didn't think were going to present themselves at Whitman. Second, growing up in the Midwest, I knew I wanted to be back in the Midwest, and I knew that I wanted to be at a Division III college, which typically means it's a small college and generally private. I hope/think I've found a niche at great, small liberal arts colleges in the way that athletics integrates with those kinds of institutions. I'm not sure I could be the same kind of AD, nor would I want to be, at a different kind of school. So, how did I find Macalester? National search, advertised, I was looking, I put my name in, went through the national search process and the interview process, and was

lends a new kind of pressure.

If you look at the student athlete profile, there are so many time demands. Personal time is squashed down into almost nothing, and it puts that really oppressive schedule on somebody who has increased academic demands.

Managing your time effectively is one of the key aspects to having a successful career as a student athlete. There's more to time management than simply saying, "I'm going to manage my time well." There are tips and techniques that will give you a leg up in the battle to stay on top of your commitments.

A lot of people give the concept of time management lip service, but if you actually value something like time management and spend time on it and reinforce it, that's when it becomes effective. Having someone on staff to make sure that happens is what differentiates college programs.

For a student-athlete a typical schedule is full of training, training, and more training. Classes need to fit neatly between these sessions as well as errands, homework, church, and social life. Sports also takes time from the usual breaks, such as fall or spring breaks. Often students are required to stay on campus to train all or a portion of the time.

When faced with overwhelming demands, you may want to make lists and do extra credit early in the semester before you are too swamped to fit it in. One of the best bits of advice one student-athlete received before heading to college was to always sit in the first few rows of a classroom, even the large ones.

company hires you based on potential, knowing that you need to be "trained" and "coached" to pick up the finer points of industry and business. If you are a handful to manage because you overreact to coaching from your managers it will be a short career or one that does not advance.

There is no way a college athlete gets off the bench if they do not take well to coaching. Even when you don't like what you are hearing, you have to accept it, that is part of sports.

So, for argument sake, you can show how this would transfer into making you a quick learner at work. You listen and use the constructive criticism you receive, because you understand that others have more experience than you – just like you would be crazy to think you know more about basketball than a 20-year coach does.

Perform Under Pressure – Grades can look great on paper but what can you tell about the person when things are on the line. How would you respond to the following statements from your manager –?

- "There are 3 days left in the month and we are 20% off goal, find your best prospects and hit the phones people!"

- "The consultant the new CEO brought in has recommended that our brand has 6 months to turn things around or they should consider cutting their losses. Emergency meeting at 4 PM in the conference room."

- "The delivery date we promised our clients is in jeopardy due to the earthquake damage at our plant in Mexico. Find me two other vendors to possibly outsource the work by 10 am on Friday."

- "I need the all the historical data on heart transplant malpractice suits in the past 20 years summarized by 8 am!"

fortunate enough to be offered the position.

CDC: How do you find Macalester students different from other places you've worked?

TF: It may be a little too early to tell, but I'm trying to learn about the students here. I knew the students at Whitman pretty well. I think there is a kind of west coast/left coast atmosphere that pervades the student body there. They're a little more laidback. On the other hand I see Macalester students, which at this point is very early, maybe more culturally aware, more engaged with their community, and I think that might be the result of the setting that we're in. Being in an urban setting, being in a larger place, having really easy access to the issues of a large urban area, makes you more engaged on a more meaty level. Living in a small rural place, the Whitman students were certainly aware, but I'm not sure they were engaged in the same meaty way that Macalester students are. Students here are very open, very welcoming to me, thoughtful, bright, articulate; those are some very obvious kinds of things. I'll be very interested over the course of the year to really get to know the Macalester students.

CDC: Can you describe a typical work day for you here?

TF: I absolutely love this job, as athletic director, and I love this job at Macalester. The athletic directors that I would hope to model myself after are not micromanagers, but rather have influence and interest in many varying issues. I worked at Northwestern University for three years as an athletics advisor in athletics administration. Although I had a great experience there, I was pigeon-holed in a kind of job where you found yourself doing the same things over and over. It sounds like a cliché, but as an athletic director you've got your fingers in so many

One trick that many busy people may not know is that it's important that YOU should come first sometimes, rather than your commitments. Begin by building personal time into your schedule . Give yourself an hour to call your best friend or an hour to sit at the campus center to talk. If you don't build in realistically what you need in life to cope, your schedule becomes overwhelming. Some people only think of time management as just scheduling things they have to do, not scheduling things they want to do. Making time to have fun and relax can be as useful as a fancy organizer to the busy student athlete.

Sophomore Syllabus

SOPHOMORE MAJORS FAIR

**Tuesday, October 18, 2005
6:30-8PM**

**Alexander G. Hill
Ballroom, Kagin Commons**

Choosing a major can be fraught with anxiety and frustration. Which major is right for you? How do you choose between departments? What do you hope to do in life? You are not in this process alone.

Learn the mechanics of choosing a major from Jayne Niemi, Registrar, and speak with student departmental representatives about the diverse majors Macalester has to offer.

Join your classmates on Tuesday, October 18, 6:30-8:00 PM, Alexander G. Hill Ballroom, Kagin Commons to learn how others have survived their "major" decision making process. Sponsored by the Sophomore Experience

Only experience and time will show how you do in these cases, but a potential employer would love a predictor of how you would respond. What stronger argument could you have than examples of clutch performance, gutting through an injury, game-winning shots! Some people thrive and are energized in pressure situations. Do you?

Understand Goal Progression

Goals are integral to sports performance. Every team has them and a plan to achieve them. From experience you also know that an end goal is simple a product of hard work and the attainment of dozens of other goals: successful off-season, strength and conditioning, spring practice, pre-season camp, weekly practice, games, playoffs, etc.

As a sales manager, I want to know that my employee can understand that the goal of 100 sales by month's end, directly correlates with the ground work he or she lays on days 1-29. Phone calls, follow-ups, thank-you notes, referrals, etc. all play a part. In fact they might not pay-off until for three months, but those efforts do pay off.

At an interview – especially a sales position – use this argument. You know that putting your time in, as unrewarding as it might seem at the moment, is the ultimate key to success down the road. Lets face it, few people truly love making 50 phone calls a day! But most love the \$3,000 bonus they make for hitting goal! See the point here?

Leadership –

A potential employer should know that from sports you understand and respect leadership authority and have the potential to lead yourself. Your ability to take coaching and buy into what a manager or director says is key to a companies success. Just like with your coach, you might not always agree, but you have to support them

different kinds of things. Today, I've already met with about five different groups or people. I don't want to say that it's just a life of meetings. That's not it. But you have a continual engagement with the life of the institution, and it comes from so many different directions. So, on a typical day I rarely will spend the majority of my day at my desk, but rather engaging with other people talking about where we're trying to go with what we're trying to create. That's the thing that I love most about this job. And, at Macalester there is a charge to do some great things with athletics that perhaps we've not done before. For instance, we're thinking about new facilities, and how those should work for not only our varsity teams, but our club and intramural sports, our students, staff, and faculty, and what type of exercise and fitness opportunities we can offer. That's an opportunity you rarely, rarely get in your professional life. I think about, how am I to define successful athletics programs here? What are the resources and how do we allocate them, and how can we best impact the student experience from the things that I oversee? You just don't get a chance to create in that way very often. There's a great creative element to what's going on at Macalester.

CDC: How do you balance your career and your personal life?

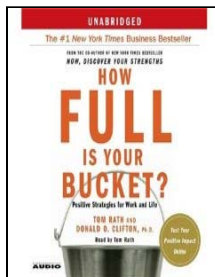
TF: I am a husband of fifteen years, I am a father to four children, ranging in age from ten, seven, two-and-a-half, and eleven months. I was asked this question on my interview. I said the way in which I've done this in the past and would continue to do it is by having a wonderful job that allows me to integrate my family into my profession. So, I do. They come to games with me. We go to events on campus. We become part of the community. That kind of integration is the best kind of balance that I could create, and it's also a great way for my kids and my family to grow up.

Suggestion



Initiative & the Career Development Center. Questions? Call the CDC at x6384.

The Bookshelf



"How Full is Your Bucket? - Positive Strategies for Work and Life" - by Tom Rath and Donald O.

Clifton, Ph.D., Gallup Press, New York, NY 2004.

How did you feel after your last interaction with another person? Did that person - your best friend, coworker, or even a stranger - "fill your bucket" by making you feel more positive? Or did that person "dip from your bucket," leaving you more negative than before?

The authors, a grandfather-grandson team, explore how using positive psychology in everyday interactions can dramatically change our lives. **How Full Is Your Bucket?** reveals how even the briefest interactions affect your relationships, productivity, health, and longevity.

Organized around a simple metaphor of a dipper and a bucket, and grounded in 50 years of research, this book will show you how to greatly increase the positive moments in your work and your life - while reducing the negative.

Filled with discoveries, powerful strategies, and engaging stories, **How Full Is Your Bucket?** is sure to inspire lasting changes and has all the makings of a timeless classic.

until a change is made.

Where you a team captain, did you organize off-season practices, scrimmages or conditioning activities? Mention it if you did. Initiative is a great asset in an employee.

Maybe you hardly ever played in your four years, but you showed up to every practice, every off-season session, every team meeting, you never missed a thing! This is leadership by example – highlight it!

Prioritizing Time On Task –

The speed of business has increased, in large part due to technology and globalization of the business community. Because of this you will invariably come face to face with more work than you can possibly do at the same time. This is where you have to prioritize what you have going on.

Effective managers have a keen understanding of the needs of the company and which projects are the most important towards meeting those needs and goals. This is a constantly changing list. You might have five main priorities and a sixth comes along that supersedes the others and moves to the top of the list, forcing the others to take a back seat for a while.

Imagine your roll as an athlete – depending on the needs of the team at the time, you might have been asked to focus more on defense over offense, or rebounding versus scoring. Suddenly the clock is winding down and you are called upon to take more shots. You just re-prioritized on the fly.

Business Example: If the company needs new business, your calls to existing clients should only be to get referral leads, otherwise they do not meet the needs or priorities set forth.

Your built in argument that you understand prioritizing is grounded

Box

"ALL WORK AND NO PLAY..."

A college education involves hard work, discipline, dedication, taking responsibility for one's actions and participating in educating oneself. Everyone needs a break from hard work; after all, "all work and no play...." However, a college education requires much more work than play. If you find yourself playing as much or more than working, you may be heading for problems. Learn to budget your time. A a reading or writing task that will take two or three plus hours needs your uninterrupted attention for that amount of time, not several chunks of fifteen or twenty minutes apiece that add up to that amount.

(Source: Thirty-Five Suggestions for College Students by Dr. Gwen Brown and Dr. Matt Franck.)

Featured Fellowship



ANDREW W. MELLON FELLOWSHIP IN HUMANISTIC STUDIES

[Mellon Fellowships in the Humanities](#)

are graduate school scholarships for students preparing for careers in humanities teaching and scholarship. **Campus application deadline: TBA.** Based on deadlines from previous years, the application request deadline will be in early December, 2005 and the application completion deadline will be later in December.

Please make an appointment to see Ellen Guyer, Dean of Academic Programs, (651) 696-6036, guyer@macalester.edu for further information about this scholarship and the application process.

For a complete list of all scholarship opportunities go to:

(This book can be found in the Kagin Resource Center, areer and Life Planning Section of the CDC resource library.)

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.)**

**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**

on managing 20 plus hour weeks of sport commitment, with the demands of course work, social and family obligations. On any given day you had to manage your prioritizes and change them depending on the circumstances (extended road trips, mid-terms, finals, playoffs, etc.)

Network of fellow athletes –

Athletes support each other! Because of what you go through in college, the bond of respect and friendships is stronger with a larger group of people than if you did not play a sport in college. An athlete's stereotype of other athletes helps as well. If I played college hockey, I will presume to know the basic traits of another college player- usually ones I admire and respect. So, if I enjoyed playing with guys like that, why not work with them?

Success in business, and just finding a job, is as much who you know as what you know. An alumna's phone call can easily get you an informational interview that might lead to employment.

Summary –

While there is no specific study showing that athlete's perform better on the job than non-athletes, that is not the case you are trying to make. Your plan is to convince an employer that you are right for the job and deserve them taking a risk. You can minimize the risk by using your experience as a college athlete to outline key traits you have from the experience.

Preparation Task:

Using the list above think through your athletic experience and create a concise statement supporting each with your experiences. The outcome goal is to have response ready for use at an interview without having to think about them at the time. You will be able to pull one from your arsenal of responses.

Example: Leadership

Interviewer: Tell me about your how your leadership skills can be

<http://www.macalester.edu/academicprograms/scholar.htm>

Job Fairs



**Government
Job and
Internship
Fair
Oct. 31, 2005**

**10 AM - 4 PM
Coffman Union, Great Hall
University of Minnesota**

The Government Job and Internship Fair is for government agencies to meet with students and alumni from the 27 participating Minnesota 4-year colleges and universities. [Use this link to view a list of participating employers.](#)

Students will need to register for this job fair. Please stop by the Career Development Office, Kagin Commons, 1st floor or call our office at 651-696-6384.

Grad School Notes

**PREPARING FOR GRADUATE
EXAMS
by David Ehren, Math & Science
Counselor, MAX Center**

If you are planning graduate study, then you probably will take one of the graduate tests: the LSAT for law, the GMAT for business, the MCAT for medicine, or one or more of the GRE's, the basic test and the subject tests. Though these tests cover different materials, many of the strategies for preparing are the same.

An early start to your preparations is the first step. Being a sophomore or junior means you have the time to practice and get assistance in both test taking and the subject areas. As a Mac student, you probably have taken a lot of tests, but familiarity with the format of these graduate exams will help you score well.

Plan ahead so that you have time for

used at ABC company?

Answer: I relish being a leader! In fact, this past football season I was the only starting upperclassmen in the defensive secondary. My role was not just a player, but player coach on and off the field. I held group meetings to watch extra film and made sure that each individual practiced hard each day in preparation for the game.

At ABC Company I can see myself being a person who tries to rally co-workers and keeps an eye on new employees. I enjoy being part of a team and think coaching will be a strong point for me once I am experienced at ABC Company.

Try this for all the topics in the article.

(Source: Author, Ray Lauenstein, is a Sales and Marketing manager in the Boston area, and was a two sport collegiate athlete. He holds a master's degree in Sport and Exercise Psychology from Florida State University where he worked in the Athletic Department and coached high school baseball. In addition to his job, Ray publishes www.athletesadvisor.com and has written a book on college recruiting.)

both your practice tests and your scoring and review. The MAX Center has resources to help you, including staff who can help with both test preparation and subject studying. Having someone who knows the material well can help you study more efficiently.

Get yourself at least one study guide. These books have tips and valuable practice tests. Many newer books come with software to help in study and practice. Because other books will have some different tips as well as additional practice tests, it also makes sense to get additional practice tests, perhaps from older books at used books stores or from the library if money is an issue.

Get started soon on your preparation. The MAX Center and CDC are here to help you, feel free to stop by any time.

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