

# CareerStreet

A Publication of the Career Development Center  
Macalester College

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Current Issue Printable PDF

*"There are two ways of spreading light: To be the candle or the mirror that reflects it." -- Edith Wharton*



## Hot Jobs

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

### Software Developer Epic Systems Corporation Madison, WI

**Full Time – Deadline: 12/31/06**

Develop software that tests your technical prowess and saves lives by streamlining the healthcare process. Participate in all aspects of the development process, from meeting customers, design, implementation, quality assurance, and delivery.

### Professional Naturalist Fellowship Eagle Bluff Environmental Learning Center Lanesboro, MN

**Full Time – Deadline: 12/31/06  
(8/17/07 through 6/7/08)**

Eagle Bluff Environmental Learning Center is a private, non-profit, accredited school dedicated to fostering awareness, enhancing respect, and promoting personal

## Counselor's Corner

### USING SEMESTER BREAK FOR MORE THAN SLEEPING IN!

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-to's.
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

## Macalester at Work

by Katie Lim '08  
CDC Student Staff



**Sarah Harvieux**  
Macalester Class of 2000

Mac alum Sarah Harvieux tells the CDC about her work as a health educator at the University of Wisconsin-Eau Claire. She discusses her motivations for entering the profession, her goals for the future, and how her Macalester work study experience as a Health Promotions Program Assistant prepared her for her current position. We ask Sarah about the balance between work and personal life which

responsibility for the natural world. Develop teaching, interpretive, and public relations techniques, plus many other skills related to residential environmental education. Participants are exposed to a wide variety of audiences and classes during the course. They learn by doing, through direct teaching experience, guided by staff support, professional workshops, and a series of evaluations throughout the 9 month period.

**Teachers**

**Breakthrough Collaborative**

**Minneapolis/St. Paul, MN**

**Summer – Deadline: 3/1/07**

Explore teaching in an environment with small class sizes, high energy, and spirit. Gain experience in lesson planning, classroom observation, curriculum implementation and grading papers. Function as a positive role model and mentor.

**Investment Banking Summer**

**Analyst**

**Citigroup New York, New York**

**Summer – Deadline: 1/29/07**

**Juniors Only:** 10-week program in a specific industry coverage or product group. Business Development and Financial Analysis. In addition to one week of firm training, we offer Junior and Senior Mentor programs, Friday distinguished Speaker series and a number of social events organized to allow you to network with other Analysts in the program and full-time professionals.

**Marketing and Communications**

**Intern**

**Special Olympics Minnesota**

**Minneapolis, MN**

possible and/or appropriate.

8. Create an action-item list for spring semester related to job, internship, or graduate school search. (Hint: Try to put most of 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.

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

*Contributing Writer: Denise Ward, Associate Dean for Student Services*

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**Mac Movies & More**

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**WINTER BREAK COUCH POTATO THERAPY**

Did we capture your attention? Would the title “Using Books and Movies for Career Development” have been more enticing? We didn’t think so. Beginning this month, we will offer suggestions for books or movies which may be thought provoking, helpful, insightful or just plain entertaining. Firsthand experience aside, sometimes living vicariously through another’s experience is the next best thing to being there. Each issue will contain a list of movies and books that may in some way address issues such as coming of age, career change, and personal growth. We have given ourselves quite a bit of wiggle room here. One person’s Oscar contender could be another’s 2 1/2 hour nap,

is especially important for her since she currently is also attending nursing school.

**CDC: What is your current position and can you describe the type of work you do?**

**SH:** I’m currently the Health Educator at the University of Wisconsin-Eau Claire, a position I’ve held for the past six years. My primary responsibilities include advising our peer health education group, The Student Wellness Advocacy Team; coordinating the marketing of our Student Health Service; and overseeing our overall outreach programming. Since graduating from Mac I’ve obtained a nursing license, so I also assist with some clinic functions like our annual flu shot clinics. Ultimately my goals are to increase accessibility and awareness of health care to our student body, and to give them the tools and support they need to make healthy choices while they’re here. I’m not naïve—I know a significant percentage of our student body drinks alcohol, for example. My goal is not to have them abstain from alcohol, but to make it home safe on the nights they do choose to drink.

One of the reasons I enjoy my job so much is because I get to work with so many different people, both students and professionals. I work with campus and community agencies including our campus Center for Awareness of Sexual Assault, the Women’s and Gender Equity Center, the Recreation Department, New Student Orientation Office, Athletics, Housing & Residence Life, and a county-wide tobacco free coalition.

**Spring Semester – Deadline:****12/31/06**

Three intern positions are available: one Design Internship and two Public Relations Internships. All interns will also work on the special events and merchandising. Open to college juniors and seniors. Minimum of 15 hours per week required.

**Youth Development Internship****Northwest Youth and Family****Services****Shoreview, MN****Summer/Part Time –****Deadline: 12/31/06**

NYFS is a dynamic community based non-profit in northern Ramsey County focused on children's mental health and youth development. Opportunities are in the Youth Employment Training Program. Assist youth participants in developing job and life skills while maintaining a high business standard at Penny Pinchers Thrift Store. Provide support to youth using a strength based, solution focused youth development model of program development and implementation.

**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/cdc/recruitcurrent.pdf>

**Upcoming Events**

albeit an expensive one these days.

Here are a few suggestions to cuddle up with at home as well as some worth braving the elements for at your favorite library, bookstore or theater.

Disclaimer: Roper and Ebert we are not. This just reflects the humble opinion of the CDC staff. Your suggestion and reviews are encouraged.

**COMING OF AGE MOVIES**

- To Kill a Mockingbird
- What's Eating Gilbert Grape?
- Good Will Hunting
- MaVie En Rose
- Breaking Away
- To Sir with Love
- Raise Your Voice
- Garden State
- My Summer of Love

**HOLIDAY FARE**

- Eight Crazy Nights
- Christmas Carol (1938)
- Christmas with the Simpsons
- Dr. Suess's How the Grinch Stold Christmas (animated)
- National Lampoon's Christmas Vacation
- Polar Express
- La Vendedira De Rosas
- 8 Women

**BOOKS -- CLASSICS**

- Frankenstein (Mary Shelley)
- Trainspotting (Irving Welsh)
- Hitchhiker's Guide to the Galaxy (Douglas Adams)
- The Prophet (Kahlil Gibran)
- Catch 22 (Joseph Heller)
- For Whom the Bell Tolls (Ernest Hemingway)
- Toward a Psychology of Being (Abraham Maslow)
- The Pauper's Cookbook (Jocasta Innes)

**CDC: Why did you choose your current position?**

**SH:** This was actually my 'dream job' after graduating from Mac. I didn't care where I had to move—I just knew I wanted to work in college health.

**CDC: What decisions did you have to make regarding your career upon graduating?**

**SH:** The first thing I needed to do was figure out how I was going to market myself as a health educator, considering my undergrad work was in Spanish and Latin American Studies! Because I didn't have the educational background in health promotion theory that most of my "competition" did, I needed to find other ways to make my resume stand out.

A few months after graduating I was offered an outreach position with a non-profit in the Twin Cities. About a week after I'd accepted that position (but not yet started), I was offered the UW-Eau Claire position. At that time I had to decide if I was willing to give up my comfortable setting in the Cities and move to Eau Claire, which seemed like the middle of nowhere at the time. Ultimately, I chose to follow my passion, and I've never looked back.

**CDC: How did your Macalester experience (specifically your work study experience) influence your career path? How did Mac prepare you for your job?**

**SH:** During my junior and senior years at Mac I worked at Winton as a health

For a complete list of upcoming CDC programs and events, be sure to check out:

<http://www.macalester.edu/cdc/events/index.html>

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## Beyond the Piggy Bank

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In this section, the CDC provides you with links to information on managing your personal finances. We hope you find this useful. This newsletter's topic is:

["College Students Can Save on Holiday Gifts through Planning and Creativity"](#)

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## Suggestion Box

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### PREPARE FOR HOLIDAY VISITS

Hopefully college students and parents will keep in mind that holidays are about family and not who has the power. Each should be open to making changes in their plans for the holiday to maintain the connections of family. Here is a short list of recommendations for college students to make the holidays enjoyable for you and your family:

If you want to be seen as an adult, act like one. Pitching a fit, demanding your freedom, and acting like the house is your private room are not adult behaviors.

Spend time with family and friends, and think ahead about how you can do both. Understand that your parents and siblings are human too and they

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

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### THE MINNESOTA PRIVATE COLLEGES JOB AND INTERNSHIP FAIR 2007

The Minnesota Private Colleges Job and Internship Fair 2007 is quickly approaching. What is a job and internship fair? Should I go? Is it worth my time? What type of employers will be there? If you missed the information sessions earlier this month, stop by the CDC for drop-in hours Monday through Friday from 2-4 pm to determine if this fair fits your goals.

Also, you can go to [smartersource.org](http://smartersource.org) to see what organizations have signed up so far. In past years, approximately 200 organizations have participated. In order to prepare for the Job Fair and for the possibility of prearranged interviews, we strongly recommend that students register before leaving campus in December. (Note: Registration will end two weeks after you return from winter break, so prepare now.) This fair gives you the chance to meet with dozens of organizations in one day to determine what direction might be the best for you. Stop by or call the CDC at 696-6384 to learn more about this great opportunity.

*Contributing Writer: John Mountain,  
Associate Director, CDC*

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## Junior Jumpstart

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promotion program assistant. I loved it! I loved researching wellness topics and finding creative ways to get our messages out to our peers.

The faculty and staff at Mac work hard to create an environment that truly empowers students. It wasn't until I started learning more about student development theory as a professional that I realized just how lucky I was at Mac. I was a member of a community in which my ideas were truly supported. My voice mattered. I now want *my* students to graduate feeling something similar—that the sky is the limit for them.

**CDC: Have you had any mentors in your life? If so, would you be willing to describe those relationships and how the mentor influenced you?**

**SH:** Without a doubt, Lisa Broek at Winton Health Services has been the most influential mentor in my health education career. As my supervisor she was willing to try almost any wellness activity at least once, and I've since adopted this motto with my student employees. She encouraged creativity that was based on solid research, a concept that is fundamental to a successful health education program. She also helped me network with health education professionals at other colleges in the Cities, as well as the Family Tree Clinic in St. Paul.

During my time at UW-Eau Claire I've had the pleasure of working with four women who are just dynamite and have taught me so much about student development and higher education. I

will be hurt if you choose your friends over them.

You are returning to your house, but you are now an adult, and adults pick up the slack. Don't be ashamed to do more while you are at home. Your parents have cooked and cleaned for you most of your life. Now is a good time to pay it back. Keep your room tidy, offer to fix a meal, or do some yard work, laundry, etc. Show off how much you have grown while away.

Most parents will seem a bit different from the last time you were home. They are growing too and may be nervous or excited, and that is normal. But if your parents are really acting differently, don't be afraid to ask them about it. Job pressure, financial worries; even marriage problems can rise up while you are away. Your parents may be reluctant to tell you about their problems; they don't want to worry you or burden you at a time when you are having fun. Let them know you are older and more mature, and you want to help. You don't have to solve their problems, just listen and let them know you are there for them.

Understand that from this point on your relationship with your parents should be based on mutual respect, not control. Your parents are most likely worried that they did not raise you well and they may have annoying ways of asking if they did a good job. Respect them and show them you turned out okay.

*Source: WKU, Office of Media Relations, Bowling Green, KY, November 2006 News Release.*

## MEETINGS

Meetings. We all attend them. Perhaps you will lead some in your role as an intern or student org member. Here are some tips to make the most of them and build your experience in this leadership role!

- only call meetings when it is the best way to accomplish an objective

- make meetings shorter versus longer

- distribute the meeting agenda in advance if possible - alert people if they will be asked to present or respond

- write meeting objectives and scheduled ending time on the board or flip chart before anyone arrives - this keeps the meeting focused

- if you are leading the meeting, sit at the end of the table so you can control the flow

- start on time

- always have extra handouts and extra pens/paper for attendees who forgot their supplies.

- take care of the most important item on the agenda first

- set limits on the time allowed per item - keep moving forward

- complete all of your agenda items before moving to unrelated topics - put important issues that come up but were not on the agenda in a "parking lot" for discussion later

- before leaving the meeting, recap so everyone knows who is responsible for next steps, when the action should take place and how results will be communicated - create an action plan for all of

admire these women because they rarely take "No," for an answer. In terms of event planning and programming they have taught me that sometimes it's just easier to ask for forgiveness after the fact rather than ask for permission in advance. I know that no matter what, these women will support me, both professionally and personally.

### **CDC: Where would you like to see yourself ten years from now?**

**SH:** In ten years I would love to be working as a nurse practitioner at a college, focusing primarily on women's health. Ideally I'll be working in an environment that not only allows me to put my clinical skills into practice on a daily basis, but also allows me to stay involved in outreach efforts at some level as well. I'd also like to put my Spanish major into practice by volunteering my medical skills with Spanish-speaking populations, both nationally and abroad.

### **CDC: If you were to offer any advice to current students, what would it be?**

**SH:** Enjoy every moment of your time at Mac—life will never be the same.

### **CDC: How do you find balance between your career and your personal life?**

**SH:** It's tough! Sometimes I feel like a hypocritical health educator because I do struggle with this balance. The first thing I do is remind myself that wellness is an ongoing process—and that includes finding this balance

## Web Watch

### GAP YEAR

[GapYear.com](http://www.gapyear.com) is a website devoted to helping students find something productive to do during their time off between college and finding a job/going to grad school. The "Jobs" section of this site is especially helpful, as it lists numerous ideas for students to make money. Ideas are both broad and specific, including things like becoming an au pair, teaching English in a different country, fundraising, volunteering, or getting a foreign internship. More specific ideas include working as a ski instructor or even fruit-picking. This website has a helpful search area for finding work in any part of the world, in addition to seasonal and specialist employment opportunities. The Job section of this site also boasts a "Day in the Life of;" a descriptive blog section from other students who want to share their unique experiences with others. Check it out at [www.gapyear.com](http://www.gapyear.com).

*Contributing Writer: Lisa Herndon '09,  
CDC Student Staff*

## Featured Fellowship



**THE EL POMAR FELLOWSHIP**  
*Developing tomorrow's community  
leaders...*

the decisions that were made in the meeting

the meeting is not over until the minutes have been distributed (within 2 working days)

Working on building some of these professional skill sets as a junior/senior will set you up for an easier transition into your role as a professional after graduation. Look for ways you can practice them now!

*Contributing Writer: Denise Ward,  
Associate Dean for Student Services*

## Sophomore Syllabus

### CHOOSING A MAJOR - STEPS IN A PROCESS

#### Step I: DECIDE TO DECIDE

Getting started is half the battle. Be clear about your motivation and timeline. What is it that you need to determine? What is the Registrar's Office's deadline?

#### Step II: GATHER INFORMATION

Learn about yourself. Consider your skills, values, preferred environment, lifestyle preferences, etc. Look at the major pages on the [CDC website](http://www.macalester.edu/cdc/majors/index.html): <http://www.macalester.edu/cdc/majors/index.html>, books such as the classic, *What Color is Your Parachute?*, or work with paper inventories/assessments such as the Myers Briggs Type Indicator or Strong Interest Inventory (available from the [CDC](http://www.macalester.edu/cdc)). Learn about each major that interests you. Review the catalogue, speak with juniors and senior, talk with faculty. Write down which classes you most

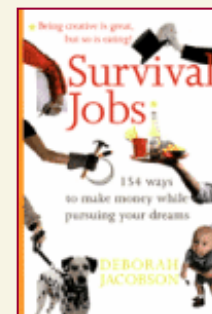
between work and personal. The most important thing I've learned is to set boundaries at work. For example, I'm willing to stay late for an evening staff meeting with my students, but I come to the office later on those days. I'm fortunate that I work in an environment that lets me flex my hours like that.

#### CDC: How do you like to spend your free time?

**SH:** What free time?! In addition to work I'm in nursing school. If all goes as planned I should have my RN license in December 2007 and plan to get my nurse practitioner certification after that. All jokes aside, I like to cook for my friends, read books that have nothing to do with nursing, and travel. I like to stay active, whether it's running local trails, yoga class, or going to the local gym. Living in a state that recently voted to "strengthen" the definition of marriage and to support the death penalty, I find myself growing increasingly more active in the local political scene.

And I look for any excuse I can find to venture to the Cities to get my fix of Taste of Thailand!

## The Bookshelf



**"Survival Jobs"**  
by Deborah Jacobson.  
Broadway Books,  
New York, 1998.

"If you never thought it was

The [El Pomar Fellowship](#) is a highly competitive, two-year post-graduate leadership training program that develops today's young professionals into tomorrow's leaders. Fellows have the opportunity to pursue personal and professional growth through direct program and project management, community development, and grant-making. The Fellowship emphasizes leadership and [professional development](#); it is designed to bring together highly qualified individuals with diverse backgrounds and interests, and shape them into effective leaders for the public, private and nonprofit sectors. Fellows operate the foundation's [Community Stewardship Programs](#), conduct outreach initiatives and bolster the Foundation's grant-making throughout the state of Colorado, investing in the people and organizations of Colorado's urban and rural communities.

Fellows learn by doing and by exploring their personal leadership styles in a supportive and dynamic environment found only on the front lines of philanthropy.

The deadline for the 2007 hiring process is JANUARY 19, 2007. All applications must be postmarked by this date.

For further information on fellowships, please visit the CDC website: <http://www.macalester.edu/cdc/graduateschool/financing/fellowships.html>

## Grad School Notes

would like to take. Do these classes have a common thread?

### Step III: ANALYZE THE INFORMATION

Look at the lists you have created for clustering, overlaps, etc. - are there common elements? Most people find that the things they have pulled together will cluster in one or two different types of areas. At this point, you can begin to put names to the types of majors that represent those areas. If you have not already done so, this might be a good point to meet with a career counselor.

### Step IV: ACKNOWLEDGE YOUR PASSIONS/REALITIES

Nothing is more fulfilling than when you are working on something you are passionate about. There is a direct correlation between how much you enjoy the work in your major to your GPA. Don't settle, try to find what is the best match for you.

### Step V: FOCUS & DECIDE

From this point, you will be able to distill your preferences. If you are having difficulty, it may be a good time to meet with a career counselor. OK, it's a lot of work, but your satisfaction with your choice of major is important. Remember you are not alone, there are many resources available to you to make a good decision. Let us know if we can assist you with any part of this process.

*Contributing Writer: John Mountain, Associate Director, CDC*

## First Year Focus

possible to stay home, eat potato chips, watch TV, and get paid for it, guess again!" This book is based on the premise that often one job is not enough to provide people with complete financial support. As a result, people often get discouraged and worry about money instead of their goals that come with their "dream job." Sound like you? Author Deborah Jacobson wisely suggests that readers get creative and get a "survival job." A survival job is a small, fun, original job that helps provide additional financial support. As a result, readers no longer have to worry about the inflexibility and instability of just one job. Readers don't have to give up on their dream jobs, they can learn to support them with other low stress, low demanding career opportunities. This book offers 154 of these survival jobs, examples include pet care opportunities, private tutoring, cleaning, being a chauffeur, food demonstrator, fragrance model, etc. All of these brilliant ideas come with a list of benefits and pitfalls of each job, along with specific requirements and skills needed. This is an excellent, easy read that provides innovative ideas and frank advice that can reshape the way you go about earning money. Keep in mind a lot of these ideas go hand in hand with living in a city, which is perfect for Mac students during the school year. As a reference tool and source of ideas, anyone who needs extra cash would appreciate this book, especially seniors who need some assistance while chasing their true career goal.

This book can be found in the Career and Life Planning section in the CDC

## PLANFUL DECISION-MAKING

Here are a few items to assist you in being planful as you make your decision towards graduate school:

1. Financial Aid Deadlines (like FAFSA). Make sure to apply as soon as possible after January 1st.
2. Gather your recommendations. Talk to professionals who know your skills and academic vitality. Give them all the materials needed to work effectively on your behalf.
3. Prepare to send in your transcripts. This may entail contacting your undergrad school's office and completing minor paper work. Official transcripts only.
4. Start working on your personal statement. Macalester alumni are encouraged to utilize [CDC](#) staff as they edit and outline their goals for prospective institutions. E-mail: [cdc@macalester.edu](mailto:cdc@macalester.edu)

Petersons.com Grad School Timeline:

<http://petersons.com/gradchannel/file.asp?id=910&path=gr.gs.planning&sponsor=1>

Seasons Greetings!

*Contributing Writer: Christina Cowens Gholson, Career Counselor*

## 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

## HOW SHOULD I USE MY TIME OVER JANUARY BREAK?

Well...most of you will be maximizing your relaxation time as you catch up on sleep lost to final papers (sleep is not overrated) and hopefully delving in to hobbies that have gone untouched this past term. What other options for effective time utilization would be necessary during this long awaited hiatus? Well maybe one...Spring internships. Now that you have an idea of some of your career interests (e.g. educational research, micro-financing, or transformative art), you may want to get a little experience in the field and casually start building your resume in the process.

Internships are great because they provide a win-win outcome. If you don't like the internship, then you can still reference it on your resume while learning more about yourself. If you do love your internship experience, then you can continue to seek more opportunities within the field with current references along with building your resume. A recent report by Randstad's *Employee Review* (2006) reported that prospective employees who have experience in their field of choice have an additional edge in competition for positions.

Deadlines for academic internships in the Macalester [Internship Program](#) were December 1st, but you can still do non-credit internships for equal benefits---experience.

The staff at the [CDC](#) and the [Internship Program](#) are here during January and

resource Library.

*Contributing Writer: Lisa Herndon '09, CDC Student Staff*

## Featured Article

### STRESS: DON'T LET IT GET THE BEST OF YOU

Without a little stress in our lives, we may never get out of bed in the morning, but just as stress can be a good thing in moderation, it can be a paralyzing factor if left unchecked. One stress, especially at this time of the year, can be the search either for an internship or a job. While it can be a challenging process, it doesn't have to become a life freezing activity. There are many things that you can do that might minimize the stress of the job/internship search. Some things you can do include:

Narrow your search: One key element to not only minimizing the stress level of your search, but its potential for success, is to narrow your options. By selecting a few options versus the entire universe your stress level will almost immediately decrease. Think of it like a buffet, your plate is only big enough for a few items, but that doesn't mean you can't go back later if the first round wasn't exactly what you were looking for. Your job/internship is the same way; you only can reasonably handle so many things on your plate. Too many items will not only increase your stress level, but your changes for failure.

Set realistic goals: Don't set yourself

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.

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#### **HOURS**

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

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

ready to assist you in finding the internship that matches your passions.

Until then, enjoy the break and use your time to your advantage!

*Contributing Writer: Christina Cowens Gholson, Career Counselor, CDC*

up for failure by setting unrealistic goals. If you say this week you are going to contact 15 Mac alums, conduct research on 20 organizations, and have four informational interviews, you are setting yourself up for failure. Start slow to gauge what is realistic. Also, keep your goals fairly near term. By setting weekly goals there is less time to put them off and you can quickly determine if they are realistic versus thinking you will have a "strong finish" to the month to make up for lost ground earlier.

Have a stress outlet: One of the keys to your success will be to have an outlet for the natural stress that is present in a job/internship search. Each person is different, but some examples might be exercise, going out with friends, or just doing nothing associated with your pursuit of a job/internship. It is important to make sure your search time does not creep into every waking moment of the day. Just like you will have normal work hours after you leave Macalester, take the time to "check out" and feel good that you have made progress in your search for the day. There are many resources on campus, including Health Services that can be a great help in finding techniques that can help find positive outlets for your stress.

These are only a few ways to help make sure that stress doesn't become an obstacle to your success. If you are looking for other ways to minimize the stress of your job/internship search, make an appointment today with a career counselor at 696-6384. If that doesn't work into your schedule, we also have drop-in hours from 2-4 pm

everyday.

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**Macalester College** · 1600 Grand Avenue, St. Paul, MN 55105 USA · 651-696-6000

Comments and questions to [webmaster@macalester.edu](mailto:webmaster@macalester.edu)