

CareerStreet

A Publication of the Career Development Center
Macalester College

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Current Issue Printable PDF

"Don't wait around for other people to be happy for you. Any happiness you get you've got to make yourself."
(Alice Walker (1944 -), Activist and Author of *The Color Purple*)



Hot Jobs

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

Assistant Analyst-Health and Human Resources Division Congressional Budget Office Washington , D.C.

Full Time – Deadline: Until Filled

CBO is a small, nonpartisan agency that provides economic and budgetary analysis to the Congress. The successful candidate will provide the division's senior analysts with spreadsheet and statistical analyses, graphics, literature reviews, and other research assistance. They will also conduct independent research on a variety of topics. Assistant Analysts typically pursue professional or graduate degrees in fields such as economics, public policy, or law following their 2-3 year term appointments. Mac alum is available to speak with.

Counselor's Corner

HOW TO PREPARE FOR THE ON-SITE INTERVIEW

To prepare for the on-site interview, you should know the company's products and services, financial picture, geographical locations and culture. You should take the time to find out if alumni from Macalester are working there. If so, interview them about the kinds of positions that are available and the environment or workplace culture. Others in the workplace can provide firsthand knowledge about the pros and cons of working for the company.

Successful interviews are those in which you, the candidate, and the interviewer both leave the room with a feeling that they know and understand each other.

Most on-site interviews will put you before a panel or group, or you may be

Macalester at Work

by Katie Lim '08

CDC Student Staff



Maria (Royster) Fleming
Macalester Class of 1975

Maria Fleming talks to the CDC about balancing family and work and changing career paths. She offers insight and encouragement to seniors making post-graduation plans, and discusses how a Macalester education provides useful skills in the workforce.

CDC: Since graduating from

Assistant Analyst-Microeconomic Studies Division

**Congressional Budget Office
Washington , D.C.**

Full Time – Deadline: Until Filled

CBO is a small, nonpartisan agency that provides economic and budgetary analysis to the Congress. As a member of the mandates unit, the candidate would be responsible for analyzing the impact of federal legislation on the private sector in areas that may include energy and natural resources. The analyst also would help to maintain databases and other data collection systems for tracking CBO's activities under the Unfunded Mandates Reform Act. In addition, the analyst would work with senior economists in preparing economic and budgetary studies for the Congress. Mac alum is available to speak with.

**Sonoma County Economic Development Project Coordinator
Sonoma County Economic Development Board**

Santa Rosa , CA

One Year Paid Program (July '07 – June '08) – Deadline: 3/30/07

Gain practical experience in policy and economic research, program development, report development, policy analysis and management of policy advisory groups, taskforces, and local public/private partnerships. In 07-08, the Coordinator will be responsible for developing policies/programs, writing reports and grants, and managing policy advisory groups that address a variety of topics.

Foundation Intern

Blue Cross and Blue Shield of

in a one-on-one setting. Be sure that your handshake is firm, and keep eye contact with each individual as you are introduced. Let the interviewer invite you to be seated. Your eye contact is very important because often it is the believability concept that sells what you are saying. Your body language also sends a message of confidence and sincerity. In addition to the firm handshake and eye contact, be sure to have well-balanced posture, an open, relaxed facial expression, a firm voice, and use appropriate gestures when emphasizing key words.

Be sure that you have practiced your 3-second or 3-5 minute infomercial. The strong lead tells the interviewer about yourself, what your assets and strengths are and the value you can bring to their organization. Be prepared to give examples of a time when you exemplified leadership, a time when things were not going well and you turned them around. Also be prepared to discuss your involvement in professional societies, civic organizations and summer or part-time employment.

The competencies that will be evaluated during the interview are skills that you have polished during your education, extracurricular involvement, internships, co-op and summer experiences. The areas that will be evaluated are adaptability, communication, initiative, interpersonal acumen, planning and organization, accountability, resourcefulness, work orientation, and negotiation skills among others.

Be clear, as you end the day, on what

Macalester, you have held many positions and changed career directions a few times. Can you tell us about the career path that led you to where you are today?

MF: A good friend once told me that when driving to a designated location, it's hard to follow me because I never travel in a straight line. I zig and zag my way until I get there (mind you, this is fairly typical for driving in L.A.). I suppose you could say that's how my life has been after graduating from Macalester. From 1975 to 1985 I was employed in the field of employee and marketing communications with a couple of corporations in the Twin Cities area (Medtronic and Control Data). I made the move to Los Angeles after I got married and dabbled in advertising, public relations, broadcast promotions and more marketing communications. The biggest change in my life came when we had our son Dylan. My husband (Kevin) and I decided that without the support-system of family (everyone was still in Minneapolis), I would become a stay-at-home mom. Of course there was no argument from me! I officially retired from the working world in 1992. It's about time for another "zig-zag".

CDC: Changing careers can be a difficult decision to make. Was one choice particularly difficult to make?

MF: Changing careers is not difficult when the motivation for change is your child. Yes, of course, there are many things we could've done with another salary, however I've been blessed with an amazing and loving husband who

Minnesota Foundation

Eagan , MN

Short-term, temporary position begins June 1, 2007 (400 hours/10 weeks) \$12.00/hour

Deadline: 3/15/07

Reporting to the Program Officers, the intern will work closely with the foundation team on a variety of projects and events related to the foundations two grant making initiatives: *Healthy Together: Creating Community with New Americans* and *Growing Up Healthy: Kids and Communities* .

**Internships in Theatre Management
Manhattan Theater Club**

New York , NY

Full Time – Deadline: 3/9/07

(5pm) for Summer – HURRY

A full time theatre internship (40 hours per week) provides a \$235 weekly stipend and intensive training in one department. There are 14 departments listed. Second Friday in March for Summer; Last Friday in June for fall semester; Second Friday in November of Spring semester.

Marketing & Communications

Associate

**National Multiple Sclerosis Society
Twin Cities , MN**

Part Time – Deadline: 3/2007

Write marketing materials, chapter print and electronic newsletter articles, media materials, Web copy and other public outreach materials. Editing, copy edit all materials routed through the communications department. Maintain knowledge of Associated Press style. Assist in developing and implementing earned-media plans. Assist in implementing marketing campaigns,

the next steps in the process are for moving forward. If an offer is made on the spot, thank the organization and take some time to ponder in order to make an informed decision. Send a personal thank-you note to those who interviewed you in the process.

It is important that you feel valued, challenged, and have an excellent compensation package, training for personal and professional development, and clearly defined career progression.

Good luck in your career search.

Source: The Black Collegian, February 2007, pg. 43-45.

Mac Movies, Books & More



BOOK CORNER: COMING OF AGE

Last issue we addressed movies and the Oscars. This time we will turn to books. Spring Break is upon us, and for some, that may include time for non-academic reading. (Do you remember what that is?!) We will include a Beach Read list later in the semester.

According to www.onelook.com, the definition of break is “a time interval during which there is temporary cessation of something.” The spirit of this definition shall be interpreted and upheld by the CDC. Temporarily cease something you think you “should” be doing and indulge in a bit of pleasure reading.

Coming of age. The phrase conjures

only wanted what was best for our family. Plus, I love being a full-time mother!!!!

I'm not the "brownies-by-scratch" kind of mom. I'm more the chairperson of the school carnival fundraising type. I chaperone on field trips and drive the sports teams to games and practice.

CDC: At Macalester, you majored in art but your first job was in business. How did you decide what direction to go after graduation.

MF: After graduation, I just wanted a job. Truth is, recruiters figured out how to best use my skills. I also majored in Sociology. During the seventies (ouch!) people would always ask me, "are you going to be a social worker? (my aunt was one) or, are you going to teach art (my mom had taught art)"? Well..er.. um..no, was my answer because I really didn't know what I wanted to do. Looking back (waaay back) I wondered why didn't I take journalism in college and work on the school paper? Why didn't I try to work at the campus radio station? What the heck was going on in my brain?? But at 20-something you think you know everything and that life will be easy. I was a late bloomer in the art department. I knew they were always trying to figure out if I was serious about being there. I was, but not until I got closer to the end of my college career. Then I had the "aha! moment." Today, I'm hoping students are more directed in what they want to do--rather than falling into something where they might stay for a couple of years but be unsatisfied and unhappy doing it.

assist with identifying and coordinating chapter outreach efforts.

Autism Developmental Trainee

Fraser Child & Family Center

Twin Cities , MN

Part Time – Deadline: 4/5/07

Flexible part-time work/internship opportunity for psychology, child development and social services students as well as all qualified candidates interested in working 1:1 in a day treatment room with children diagnosed with communication disorders.

Summer Reads VISTA

Minnesota Literacy Council

Minneapolis/St. Paul, MN

Full Time Summer

Deadline: 3/29/07

Eight week service opportunity to promote the literacy skills of K-3 school children. Members serve in Public Summer Schools as classroom aides during the morning, and facilitate fun enrichment activities at community sites (Boys and Girls Clubs, Public Libraries, Park and Recreation Centers) during the afternoon. Within the framework of these established programs, you will conduct one-to-one reading sessions, fun group activities, and outdoor games to strengthen the skills of emerging readers.

Registration Director for Star of the North Games

National Sports Center

Blaine , MN

Full Time Summer Internship

Deadline: 3/16/07

Start part time late March-early

April until May. Full Time: Summer

\$8 – \$10/hour

many images. The coming of age list was chosen because in the books, the character is experiencing inner turmoil and facing the reality of difficulty in their world, due to family change, death, conflict with friends, lack of friends, war, violence, and racism, to name but a few. These books, often read during the sometimes turbulent early teen years, are helpful and valuable to return to at a time in life when important decisions are again being faced.

While these books may be an easy read (and who would complain about that during Spring Break?!) the familiar characters still have lessons to teach while you discern your path. Career development questions may seem infinitely complicated to answer: What major is best for me? What are my gifts and greatest skills? Should I study abroad and where? Graduate school: when, where and what? What job should I pursue?

Take a break and see what Scout (To Kill a Mockingbird) says to you now, or is saying to you for the first time. If you think you are confused, spend time with Holden Caulfield (Catcher in the Rye).

The following list is by no means comprehensive. It includes titles from a variety of sources and you may want to do your own search.

If you have a favorite book that has made a difference in your life, please share your story with us.

Happy Reading !

CDC: How has networking played a role in your career searches?

MF: Hey, out here in L.A. it is a lot of "who you know", but my careers as you would call them were in areas where no one knew anybody. I've been in biomedical engineering, computers, law enforcement technology, cosmetics industry and radio broadcast. The closest I got to networking was the radio promotions because my husband is in entertainment. My best contacts came from joining business related organizations and working with ad agencies and production companies.

CDC: You moved from Minneapolis to Los Angeles, was relocating difficult?

MF: Yes, very. Minneapolis was home and my parents, sister, niece and college friends were there. I'm all about the family, so in the back of my mind I kept hoping my husband would find something in the Twin Cities , but no such luck. We've been in L.A. ever since.

CDC: Currently you are a stay at home mom and a substitute teacher, can you tell us about your decision to stay at home with your son? It can be difficult to balance work and raising children. Can you offer some insight on this challenge?

MF: Substitute teaching has been a blast! Basically I'm "on-call" so there's not much to juggle. I sub at the private elementary school my son used to attend. Everybody knows me and it's been the first step in what will probably

Manage all aspects of registration, including processing incoming registrations and payments, communicating with coaches and athletes, keeping accurate records, managing database, and troubleshooting.

Media Relations Coordinator

National Sports Center

Blaine , MN

Full Time Summer Internship

Deadline: 3/16/07

\$8 - \$10/hour

Write and assemble press kits, press releases, and handle media inquiries for events including Star of the North Games, NSC Super Soccer Series.

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

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

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

Beyond the Piggy Bank

A Tree Grows in Brooklyn by Betty Smith

Anne Frank: The Diary of a Young Girl by Anne Frank

Lord of the Flies by William Golding

I Know Why the Caged Bird Sings by Maya Angelou

How the Garcia Girls Lost Their Accents by Julia Alvarez

How I Learned to Snap: A Small Town Coming-Out and Coming of Age Story by Kirk Read

The Joy Luck Club by Amy Tan

Their Eyes Were Watching God by Zora Neale Hurston

The Kite Runner by Khaled Hosseini

The Chosen by Chaim Potok

Dune by Frank Herbert

Pride and Prejudice by Jane Austen

Contributing Writer: Mary Emanuelson, Assistant Director , CDC

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

INSURANCE 101 FOR NEW GRADUATES

Graduation is just around the corner, and for many, that means it's time to leave the college life and get ready to enter the "real" world. But are you prepared for what will happen once the cap and gown come off?

College might have taught you about

be my next career move. Life with a teenager is more about being a "taxi on duty" than anything. Like most kids, he's borderline over-booked with basketball, karate lessons, piano lessons, and math tutoring. Now if I had more than one child...this would probably be a totally different interview. My answers would be short (smile).

CDC: Why were you inspired to be a substitute teacher? How has it added value to your knowledge of your own son's education?

MF: I don't know if inspired would be the word, but I was looking for a way to earn extra money and still do the stay-at-home thing. Teaching is in my blood and I love children (even teenagers). It's a gift I've inherited from my mother who passed away in 1989. The value that teaching has added to my son's education is that I became aware of other methods of teaching that were not from the traditional system. Currently, Dylan is an 8th grader at the Waverly School in Pasadena . Waverly's approach to education is one of progressive and developmental learning. It's a breath of fresh air and it's a perfect fit for my kid. BTW: The director of the middle school and high school James Denby is a Mac grad too. Small world!

CDC: What plans do you have for the future? I know that you have been interesting in figuring out ways that you can give back more in a service capacity, do you have any specific plans?

MF: Well, I'm still working on that

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:

"Scams: How to Avoid Them "

Suggestion Box

LISTENING

Often the reason we don't hear others is because we really aren't listening. If you want to listen so you really hear what others say, make sure you're not a:

- **Mind reader.** You'll hear little or nothing as you think "What is this person really thinking or feeling?"
- **Rehearser.** Your mental tryouts for "Here's what I'll say next" tune out the speaker.
- **Filterer.** Some call this selective listening - hearing only what you want to hear.
- **Dreamer.** Drifting off during a face-to-face conversation can lead to an embarrassing "What did you say?" or "Could you repeat that?"
- **Identifier.** If you refer everything you hear to your experience, you probably didn't really hear what was said.
- **Comparer.** When you get side-tracked assessing the messenger, you're sure to miss the message.
- **Derailers.** Changing the subject too quickly tells others you're not interested in anything they have to say.
- **Sparrer.** You hear what's said but quickly belittle it or discount it. That puts you in the same class as the Derailer.
- **Placater.** Agreeing with everything you hear just to be nice or to avoid conflict does not mean you're a good listener.

pulling all-nighters and conducting research, but has it helped you figure out how to pay off your college loans or find the right insurance? Here are some tips to help you make the transition from college student to working professional.

- Check with your family's health insurance provider to see if you are still covered on that policy. As a recent college graduate, you may not be eligible for coverage as a dependent. It might be time to shop for your own policy; you want to be covered in an emergency.
- Moving into a new apartment? Consider renter's insurance to protect your valuables that you worked so hard for, including your diploma. It's relatively cheap protection, even if you don't have a lot of stuff.
- Landed a job? Know the right questions to ask about a company's health insurance plan. No matter how reputable the company, there may be a significant waiting period until you are eligible for coverage.
- Moving back home or to a new city? It's a good time to re-evaluate your auto insurance policies. A new location can affect your auto insurance costs.
- When looking for insurance, comparison shop for the best deal. Prices for similar coverage can vary widely from company to company.

Stop by the [CDC](#) to bounce some of these questions off our staff. Call x638 to schedule an appointment or drop by 2-4pm Monday – Friday.

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

Junior Jumpstart

giving back thing. I want to do something. Perhaps I'll wind-up creating my own thing. The world needs so much. Our cities need so much. It can be overwhelming because I'm looking to do more than just donate money or clothing to a worthy cause.

CDC: Seniors at Macalester are currently looking for jobs, and other students wonder and worry about their future after Mac. Do you have any words of advice for the job search in general or for choosing a job?

MF: Keep your mind open to all possibilities. Check out the philanthropic world. Consider teaching for a few years. Travel and expand your horizons. Although I did not directly go into the field of art, (ie. I'm not a painter or art teacher), I have used my art education in every job I've ever had. It has served me well. I'm also an avid collector of fine art and African Americana literature.

Although I'm not a social worker, I have used my sociology education in my interactions with co-workers, students, group dynamics, fund-raising, etc.

A Macalester education prepares you for the world, not just only a specific career path or job, but for anything that comes your way. Even if you have to zig and zag a bit to get there.

The Bookshelf

Source: *The Writing Lab, Department of English, Purdue University Press.*

Web Watch

COUNCIL ON INTERNATIONAL EDUCATION AND EXCHANGE (CIEE)

CIEE is the leading U.S. non-governmental international education organization. CIEE creates and administers programs that allow high school and university students and educators to study and teach abroad.

Into the chilly postwar world of 1947, CIEE launched the next generation of study abroad programs, the first since they'd been suspended during World War II. Senators and scholars worried about how to increase international understanding and establish trust between nations. As soon as there was enough capacity aboard trans-Atlantic ships to carry students, CIEE programs began teaching.

Today, CIEE is composed of three interrelated but operationally independent entities based in Portland, Maine; Boston, Massachusetts; and Tokyo, Japan.

Among many activities, CIEE administers 95 study abroad programs in over 33 host countries and teaching programs in Chile, China, Spain, and Thailand. Educators can participate in 26 summer seminars in 29 countries.

Over 50 U.S. specialists, many of whom have studied or lived abroad can advise you how to choose a host

CREATING A PERSONAL PLAN: STEP ONE

The CDC does workshops on creating focus/direction in one's life. Many juniors are at the point of wanting to create a person plan to begin the transition from Macalester the following year. Here are some of the questions from the first part of creating a personal plan; take some time to go through and answer them.

WHERE DO I COME FROM? I know that I am strongly influenced by the following people, things, values, faith traditions, events and places. (list)

WHO AM I? I can describe my preferences for environment and type of work as follows. (describe)

WHAT IS IMPORTANT TO ME? The values that I need to keep in front of me as a part of my *daily life* are (list). I'd like to make sure that the following values are at the forefront of my *career work*. (list)

FOCUSING IN - What is the number one challenge facing me right NOW? Any others? (describe)

WHAT RISK IS CONCERNING ME? Are there any real (or imagined) factors that I need to address in the context of making decisions about my lifes' work (list)

DON'T REINVENT THE WHEEL - What have been some strategies or paths that I have heard from others that sounded interesting or feasible in structuring my remaining time at Macalester or setting a path after graduation? (list)

Go through the above questions and create responses. Then, take some



(AAMC), Washington, D.C., 2006.

2007-2008 Medical School Admission Requirements, Association of American Medical Colleges

This accurate, thorough, and reliable resource is the only complete guide to U.S. and Canadian medical schools fully authorized by the schools themselves. The 2007-2008 Medical School Admission Requirements (MSAR) is the number one source for medical school application procedures and deadlines. It also includes selection factors such as MCAT and GPA data, medical school class profiles, and education costs and financial aid packages. New for 2007-2008...learn whether you qualify for a fee waiver for the MCAT and the AMCAS application through the enhanced AAMC Fee Assistance Program. In addition to the latest information, this edition contains a wonderful chronology of events in the life of medical students, from prerequisite coursework to the "pre-application" phase to graduation and beyond. This resource also includes pointers to the Web sites of the Association of American Medical Colleges and other organizations with up-to-date information on a variety of programs. If you are considering a career in medicine, check out this invaluable resource.

This book can be found in the Medical/Healthcare section in the CDC resource Library located on the first floor in Kagin Commons.

country and program that fits you. They also have English-speaking staff members at all of the program sites overseas. They'll help with any problem — academic, administrative, or day-to-day — and give you insider tips on the city and country.

For complete details visit: <http://www.ciee.org/>

Featured Fellowship



The Benjamin A. Gilman International Scholarship was created in 2001. This congressionally funded program is offered through the Bureau of Educational and Cultural Affairs of the U.S. Department of State and is administered by the Institute of International Education. This program offers a competition for awards to defray the cost of studying abroad, for U.S. citizen students who are receiving federal Pell Grant funding.

Application Process: Complete application (including both financial aid and study abroad advisor portions) and current official transcript sent to the Institute of International Education (IIE). Application form and instructions available online on the IIE website.

For details, visit the website at: <http://www.iie.org/programs/gilman/index.html>

For further information on fellowships, please visit the CDC website: <http://>

time to talk to someone who will help you process your responses to these questions. Not necessarily someone with answers, but someone who can listen and make you think.

The next [CDC Junior Jumpstart](#) will provide an outline for creating an action plan, working off of what you processed here.

Contributing Writer: Denise Ward, Associate Dean for Student Services

Sophomore Syllabus

NO SUMMER JOB/INTERNSHIP YET? THERE'S STILL TIME

With the end of the school year less than two months away, there can be growing anxiety if you haven't secured a job/internship for the summer. Many students think that they have missed the window of opportunity for a summer position, but instead of spending your energy focusing on what you haven't done, concentrate on what you can do, which is a lot. Many organizations are just starting to think about their needs for summer, so it still can be the perfect time to be looking. The key is for you to be able to articulate what skills you could bring to the position and what you are hoping to get out of your summer experience. A lot of times an organization may be able to have some flexibility in the details of the position to help better meet your interests. To get started on your search it is critical that you utilize all the resources available to you. That includes networking with a wide variety of people/groups:

Featured Article

PASSION FOR THE PEN

Some women pursue the career of their dreams only to find that it has a nightmarish workload. Others settle into the role of Supermom and discover that the world outside their homes looks more appealing. For Cate Terwilliger, it took a degree in animal science and a brief stint tending pigs for her to realize her passion for a different type of pen.

Four years after she received her bachelor's degree from the University of Minnesota, Cate Terwilliger earned her master's degree in journalism from the University of Michigan-Ann Arbor. After writing for a small newspaper in Colorado Springs and working briefly with the Associated Press, she settled into the job that she loves.

"Features is this whole broad universe," said Terwilliger, a feature writer entering her second year at The Denver Post. "If you want to be in newspapers and you want to write, this is the gig to have," she said in an interview.

"I have a very ambivalent relationship with my work," she said. "I love what I do, but I hate to see the Broncos on the cover everyday." She stressed the importance of accepting the business side of newspaper writing and not being discouraged by it. "This is a business and Bronco cover stories sell newspapers," she said.

An average day for Terwilliger begins

www.macalester.edu/cdc/graduateschool/financing/fellowships.html

Grad School Notes

WHAT ABOUT THE ESSENTIALS?

Choosing a school and getting in is now come and gone, but what about shelter and transportation. With the rising prices on petro, a bus pass may be looking more attractive than the 4-wheeler you had your eye on last year. But where do you start? *Cap & Compass: Afterschool Explained* offers some words of wisdom on renting an apartment.... "Tell everyone you know." You never know who knows somebody who knows somebody who knows of a place for rent or a roommate to share the expenses. Cap & Compass also suggests to checkout apartments.com and homestore.com.

Consider reviewing your credit score which may be used to evaluate you as a potential renter. You can get a free copy annually from the credit bureau or for a small fee from experian.com. Having good credit is many times a passport for securing housing and transportation.

If you use a broker to find a place to live, put your faith in many not just one. Make sure you also have references and money orders on hand to secure your dwelling. Lastly, read the fine print in your rental agreement. They are legal agreements and landlords as well as tenants are obligated to honor once signed.

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

The CDC has access to the alumni directory which can be a great tool in finding people that are currently working in the field you are pursuing. In addition, you can narrow your alumni search to one city or numerous cities, depending on your interests. The other groups listed above can also be a great way to not only find a summer job/internship, but to also gather additional information that can be helpful in determining what area/field might be most interesting to you. You never know where the right opportunity will come from, so it is critical that you network extensively to maximize your chances of finding the right fit. Many positions are never advertised, so unless you have people looking out for you, you might miss some really interesting opportunities.

The CDC can help you develop networking options and discuss additional alternatives as well. Call the CDC today at 696-6384 to make an appointment. We also have drop in hours from 2–4 p.m. Monday through Friday.

Contributing Writer: John Mountain, Associate Director, CDC

First Year Focus

YOU ARE YOUR GREATEST

around 10:30 in the morning with two or three stories working at once. "I am doing telephone interviews for one, writing for another, and getting materials for another," she said. When she does get a minute to herself, she usually spends it having lunch at her desk or socializing with co-workers over coffee.

Terwilliger, 40, has won more than a dozen state and national awards for her writing. She describes her work as both emotionally demanding and rewarding and offers the following advice for others interested in a career in feature writing:

- Pay attention to everything around you.
- Cherish good editors.
- Find a mentor.
- Use colleagues for feedback.

"I look for something that touches me," she said, recounting a story she did recently about children at a burn victims' camp. "Let people affect you and your voice comes from that," she added. Her outlook on life is similar. "As I get older, I realize that lots of different personalities are a reflection of me," she said. "My spirituality tells me that we are all here for a reason. Sometimes things look grand. Sometimes things look screwed-up. As I get older, I realize that I don't have it all figured out."

(Source: <http://www.womenof.com>. Adapted from an Interview with Cate Terwilliger by Teniqua Pope, a journalism senior at Metropolitan State College, Denver.)

RESOURCE

Good Luck!

*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 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 - Friday
(Daily Drop-ins between 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
cdc@macalester.edu
<http://www.macalester.edu/cdc>

Summer is nearing and thoughts of developing your lifelines on campus may be fading, but the looming question of declaring a major isn't. There are two simple ways you can determine your major and possible minor.

First, consider having a Myers Briggs or Strong Assessment taken through the Career Development Center. It's completely free. It's not going to reveal your favorite color or the cutie in class you should keep your sights on, but clarify your interests into occupations and themes. You will have a greater sense of assurance that you actually do know yourself well and are able to make informed choices about your present and future.

Second, we suggest you reflect on what really makes you happy! Where do you feel the most passion in a field? When? Why? Taking a bit of time to self-reflect is essential. It will help you visualize your own needs and wants while incorporating them with other assessment tools.

You are your greatest resource. Choosing a major can be difficult, but not impossible. With a little support from the [CDC](#) and looking inward...you will be well on your way to a fanciful tomorrow!

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

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Comments and questions to webmaster@macalester.edu