

CAREER TIPS AND TRICKS FROM NDUSTRY PROFESSIONALS SIMPLE WAYS YOU CAN BE CAREER-READY RECOMMENDATIONS FROM THE COLLEGE OF THE SCIENCES AND MATHEMATICS ADVISORY BOARD







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DO I HAVE THE PERSEVERANCE TO OBTAIN THE SKILLS THAT I NEED?

In your four years of college, you are surrounded by thousands of classmates and tendencies are to fall in line with everyone else. Many of your classmates aren't pursuing their passion. They may simply be waiting to see what happens after getting their degree. Instead of doing "what everyone else does," get involved, pursue your interests. The more you experience (friends, teachers, classes, clubs, books, employment, travel), the greater the likelihood you will find an interest which could turn into a passion. Your "free" time is invaluable; Spend it cultivating your interests.

"IF YOU DO WHAT EVERYONE ELSE DOES, YOU ARE GOING TO GET WHAT EVERYONE ELSE GETS."

Ron Wolforth

Former University of Nebraska Baseball Coach

WCU Resources • • • • •

Success Coaching

Success Coaches work with you to develop practical strategies on a range of topics, including time management and college adjustment.





RamConnect

Your one-stop-shop for campus involvement. Join new organizations, take part in group discussions and posts, and find events happening on campus.

BUT PEOPLE WILL NEVER FORGET **HOW YOU MADE THEM FEEL.** MAYAANGELOU SPEGIOTHERS SMALL gestures an make a big difference MUST READ DEALING WITH PEOPLE YOU CAN'T STAN **IOW TO BRING OUT** est in peo T THFIR WORST BY R. BRINKMAN & R. KIRSCHNER

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There will be times when you have to work with someone that you just don't like. You don't <mark>have</mark> to like them. It can help to find one simple thing that you **can** do every day, even if it's just a smile or saying "good morning."

WCU Resources



Center for Contemplative Studies

Located in the Ehinger Office Annex, the Center for Contemplative Studies offers programs in contemplative practices, such as yoga and mindfulness meditation.

Counseling and Psychological Services

Be kind to yourself. If you are experiencing sadness, stress, or anxiety, WCU's Counseling Center offers many services, such as individual consultations about personal problems, group meetings, and help with substance abuse.





NETWORKING, OR COLLABORATING.

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Twardowski Career Development Center

Offers many resources to help you attain your career goals, including in-person mock interviews.



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Leadership Resource Center (LRC)

Located in Sykes 218, the LRC is equipped with a library of books and materials with themes ranging from positive thinking to team building.





Describe your leadership and teamwork experience with specific examples

Demonstrate where your talents and skills match the position and the organization's mission or philosophy

Tell your story! Why did you select your field? What excites you about your area of expertise?

Be able to ...

Explain your area of expertise in the fields of the sciences and mathematics Have in-depth technical discussions with peers, but also be able to simplify your message for a general audience



Hone your skills by giving presentations or practice by explaining to friends and family



Be sure that

Every team member understands what tasks they are responsible for and who they are accountable to

Every member of the team gets heard and every team member listens

WCU Resources

Dowdy Multicultural Center

Located on the ground floor of the Sykes Student Union, the Dowdy Multicultural Center offers multicultural programs and resources.

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Center for International Programs (CIP) Located at 320 Mitchell Hall, CIP provides information on study abroad, courses with international components, and service opportunities.

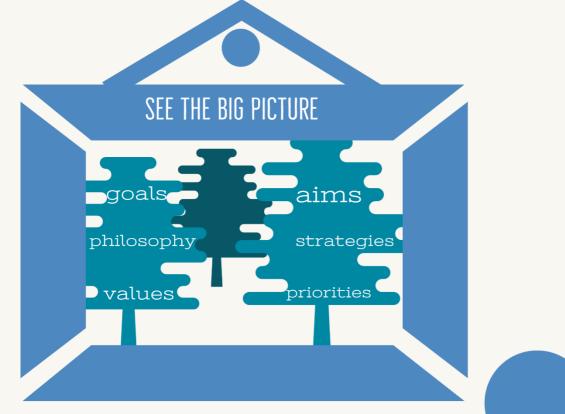
Give this podcast a listen: **Fresh Air with Terry Gross** features interviews with guests from all walks of life

GET OUTSIDE YOUR COMFORT ZONE. JOIN A CLUB WHERE THERE ARE PEOPLE YOU DON'T ALREADY KNOW. TAKE A CLASS OUTSIDE OF YOUR MAJOR. SEEK OUT VOLUNTEERING OR SERVICE LEARNING OPPORTUNITIES, SUCH AS HABITAT FOR HUMANITY OR THE INTERNATIONAL STUDENT ASSOCIATION.

The ability to work with diverse groups of people is an important career-readiness skill. Prepare before a meeting. Know how to pronounce people's names correctly. Simple things, like learning a few foreign words or how to properly exchange business cards in other countries, can go a long way. RAM

You have learned the technical specialties of your field. THAT KNOWLEDGE IS NOT STATIC.

You will continue to learn new and emerging information. As you continue to learn and grow, there are times when you may struggle. Endurance, problem-solving, learning to embrace challenges, and being able to see the big picture are skills that will help you to succeed during challenging times.



COMPANIES WANT YOU TO SEE THE FOREST FOR THE TREES

WCU Resources



Handshake

WCU's one-stop career management system for all jobs, internships, and career resources.

Ram Nation

A powerful mentoring platform that helps you build connections with alumni, faculty, and staff.



PURSUE YOUR PASSION You will be ready for the career of a lifetime if

the work that you do makes you feel self-fulfilled.

RESPECT THOSE AROUND YOU You don't always get to choose who you work with. Being respectful and kind to others makes for smoother working relationships.

INFLUENCE OTHERS EFFECTIVELY Interviewing, networking, and working on teams all require communication skills.

DISCOVER & EMBRACE DIVERSITY Top businesses think inclusively and globally. The ability to embrace diversity is a critical skill.



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ENDURE THROUGH CHANGE Companies need more than your degree. They need you to seek solutions when you are presented with a challenge.