

Tips for Helping Students Succeed Despite Tough Times

by Melissa McClory, Assistant Director • Career Development Center • Moore Hall • 610-660-3100

It's on the front page of the paper, on the evening news and on the radio, on-line and, quite likely, on your bottom line. The reminders are everywhere, and they are incessant. It seems there is no escaping the reality that we're steeped in a down economy. Among the many other concerns and challenges these tough times present, parents may be wondering how best to help their students position themselves for career success in less-than-ideal circumstances.

Given the increasingly competitive job market, completing an internship is one strategy that is especially smart right now. In addition to affording students the ability to apply what they've learned in the classroom to a real-world setting and to "reality test" future careers they might be considering, employers repeatedly report that internships lead to career success. Consider the statistics:

- Organizations consistently rate their internship programs as one of the top two methods to hire full-time, entry-level employees, and report that former interns make up over 40% of their entry-level employees (*NACE, 2008 Job Outlook Survey*)
- Employers offered 69.6% of their interns and 73.3% of their co-op students a full-time job opportunity for after graduation (*NACE, 2008 Experiential Learning Survey*)
- Employers reported offering higher salaries to new graduates who have internship experience than they do to those who do not (*NACE, 2007 Job Outlook Survey – Student Edition*)

Not surprisingly, internships, like jobs, are more difficult to land in the current economy. However, with careful planning, time and diligence, finding a great internship is possible. The Career Development Center recommends that students take the following steps as they navigate the internship market:

- **Prepare Thoroughly:** Start early (i.e., now) and have a clear job search strategy in place. Be aware of current market realities: while it may seem that industry hiring has slowed across the board, current Bureau of Labor Statistics data show that healthcare, education, government and IT have all experienced job *growth* this year (*Kate Lorenz, "Job Searching in a*

Recession," careerbuilder.com). Research those industries that overlap with your interests. Have your resume updated, targeted and ready.

- **Prioritize Networking:** This strategy is the most time-consuming, but the most effective by far. 70% of all jobs are found through networking (*collegerecruiter.com*), and in a tough market, employers rely on their network to find the best talent. The importance of this strategy simply can not be overstated. Begin with those you know and tell everyone that you are looking for an internship. Be prepared to clearly and confidently articulate your skills and goals and the value you can bring to an organization. Following up and maintaining your relationships is imperative.
- **Be Flexible and Creative, Patient and Persistent:** A quantified plan? Each week, plan to contact at least three people with whom to network; apply for at least ten internships; and identify, target and pursue at least two new organizations. If paid internships aren't readily available in your dream field, consider volunteering or taking an unpaid part-time position and supplementing with a paid summer job. The skills and experience you'll gain will be worth it.
- **Ace the Interview:** Research the organization and the industry thoroughly and be prepared to answer questions so as to communicate what you can contribute rather than what you need. Make certain to ask well-prepared questions of the interviewer as well; doing so will demonstrate your interest in the position. One key question to ask concerns the time-frame for hiring. Remember that the interview does not end here: always express your thanks for the interviewer's time and consideration with a note in order to leave the best possible impression.
- **Utilize the Career Development Center!** We are here to help and offer alumni networking resources; SJUcareers job and internship database; career workshops and presentations; individual career appointments; career fairs; resume/cover letter assistance and much more!

Students may contact us via email (careerhelp@sju.edu); online (www.sju.edu/careers); telephone for appointments (610-660-3100); and in person in Moore Hall (walk-in hours held weekdays from 1 – 4 pm).

Campus Ministry

Wolflington Center for Ministry Faith and Service • 610-660-1030

TAIZE PRAYER is the third Thursday of each month in our Chapel at 10pm. **Taize** prayer is a meditative form of prayer. Through the repetition of musical phrases over and over, the body and mind slow down enough to be able to listen to the voice of God that is planted deep within. **Taize** prayer is traditionally held in a darkened church and the candles are lit by the participants who help to brighten the night.

Students lead **STATIONS OF THE CROSS** every Friday in Lent in our Chapel at 5pm. The *Stations of the Cross* is being with Jesus in His Passion and Death.

SPIRITUAL EXERCISES OF SAINT IGNATIUS
Ignatius, the Founder of the Society of Jesus, known as Jesuits, gave the Church the *Spiritual Exercises* as a testament to God's gentle, persistent laboring in his life. Ignatius was convinced that the exercises could help other people draw closer to God and discern God's call in their lives. It is not just for Jesuits but for all people. This year we have 29 students participating in the *Spiritual Exercises*. We offer two forms: a shorter version for 5 weeks and another version that is conducted throughout the academic year. The students are required to spend 45 minutes each day in prayer using the material that is provided. They also meet with a Companion/Director once a week.

Our Spring Career Fair will be held on February 26 from 10 am to 2 pm in the Fieldhouse!



Services for Students with Disabilities

Office of Student Educational Support Services • Jim Scott, Director • 113 Science Center • 610-660-1774

There are so many exciting things going on in the office. I would like to share just a few with you:

1. The Workforce Recruitment Program was a huge success. Forty-eight students were interviewed and presented themselves well. Rhonda Cohen, from Career Services met with students on 2/10/09 and prepared them for the interview. Students will be notified early in May, 2009, if they were selected.
2. Are you familiar with the Office of Vocational Rehabilitation? OVR is a federal agency that helps persons with disabilities further their education and prepare them for a career. I presently have several students with a documented disability receiving financial assistance to attend college. If you are interested contact your local OVR office or call me.
3. To All Parents – If your son or daughter is not achieving to their potential or you suspect that they may have a learning difference including LD, ADD, ADHD or psychological, please have them contact me for an appointment. They can call me at 610-660-1774 to get on my calendar. Feel free to call me if you have any questions.

Men's Basketball GO HAWKS!

SJU Ticket Office • 610-660-1712 • www.sjuhawks.com

Saint Joseph's University Men's Basketball team is once again playing its best basketball in Atlantic 10 conference play. With the close of the conference regular season quickly approaching, we would like to offer all SJU Parents a special "Buy 1 Ticket – Get 1 Ticket Free" offer for either of the following two home games at the Palestra.

- Sunday, Feb. 22nd – UMASS – 2PM
- Sunday, Mar. 1st – St. Bonaventure (Senior Day) - 2PM

Don't miss an opportunity to experience the magic of a game in the "[cathedral of basketball](#)", and cheer on the Hawks! To order your tickets, please call the Ticket Office at 610-660-1712. **GO HAWKS!**



Graduating Seniors

Registrar's Office • 610-660-1016



A postcard was mailed to the permanent addresses of graduating seniors in January 2009. The Saint Joseph's University commencement website highlights information pertinent to your student's senior year. For more information, parents can visit the website at www.sju.edu/commencement to review the student's checklist and dates to remember.

If you have any questions, please contact the Registrar's Office at 610-660-1016.

Student Activities

Student Leadership & Activities • 610-660-1073

Student Union Board (SUB)

Calendar of Events

Saturday, Feb. 21, 2009

NYC Trip to Madame Tussauds

Wax Museum

Bus departs from Cardinal Ave at 12pm

Tickets \$20 on sale at www.sjutickets.com

Tuesday, February, 24, 2009

Mardi Gras Celebration at

World Café Live

Featuring the Wild Bohemians!

Bus departs from Cardinal Ave at 7pm

Tickets \$5 on sale at www.sjutickets.com

Tuesday, March 2, 2009

Java Jam – Pawnshop Roses

Simpson Hall 8pm

www.pawnshoproses.com

Tuesday, March 17, 2009

Photo Pens & Bottle Openers

Gray Cafeteria at 11am - FREE

Bring your friends and create your own memories!!

SUB Late Night Events

Friday, February, 20, 2009

"Tune-In" Game Show

Simpson Hall 8pm

FREE!! Great Prizes!

Saturday, February, 21, 2009

Shuttle to King of Prussia Mall

Bus Departs from Cardinal Ave 2pm & 6pm

Busses will leave King of Prussia at 5:30pm & 10pm to return to SJU

Saturday, February 28, 2009

Shuttle to South Street

Bus Departs from Cardinal Ave at 7pm

Bus will return at 11pm

Friday, March 20, 2009

Quizzo

North Lounge 9pm

Impress Your Friends! Cash Prizes