

Career Development Center

Career Development Center • Moore Hall • 610-660-3100

Hello Parents!

Greetings from the **Career Development Center at Saint Joseph's University!** Despite one of the worst economic recessions since the Great Depression, the Career Development Center is poised to provide valuable support to your daughters and sons as they prepare for and pursue careers of interest to them.

It is vitally important for students to regularly commit time and energy to their career pursuits. Given the state of the current internship and job market, starting early with career planning and career networking is essential. What follows is the strategy we are sharing with your student (s) in regard to career planning.

Strategy for Internship/Job Searching in Challenging Economic Times: start early

Launch your search at least three months prior to the time you anticipate starting the experience. Doing so will help leverage time to identify and/or create options.

be creative and flexible

Consider a combination of paid and unpaid opportunities providing access to the experience needed to be competitive in this challenging market.

network, network, and network

Spend 70% of your time and effort on building and communicating with your network. This means maintaining an "active" group of 10 to 15 networking contacts (alumni, family, friends, professors, strangers on a bus) at all times during the search.

information is power

Conduct at least one informational interview a week in order to cultivate potential leads and opportunities.

search online, a little

Search for positions on intern/job web-sites with the remaining 30% of your time; employers report networking accounts for almost 70% of their hires.

treat the search like an important final exam

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use the CDC

The Career Development Center is available to encourage, support and challenge students as they plan for and pursue career activities.

Here are some of the benefits realized by students who choose to follow this approach to their career planning. Students who used the services provided by the Career Development Center while undergraduates earned \$5,000 more annually (in their first year after graduation) than those who did not. Students who participated in and accepted a position through the Career Development Centers' On-Campus Recruiting program earned an average of \$12,000 more in their first year after graduation. Students, who reported completion of at least one internship prior to graduation, reported earning \$7000 in annual salary than those who did not.

To learn more about the many other services, resources, and opportunities available to assist your daughter or son, we invite you to visit our comprehensive website at www.sju.edu/careers. Also, be sure to have your student schedule an appointment with a career counselor at least once a semester. Eight hours in four years makes a world of difference!

Best wishes,

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Student Health Center, www.sju.edu/studenthealth

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As the semester draws to a close, the Student Health Center has seen a decrease in the number of students experiencing influenza-like illnesses. This trend is consistent with data from the Centers for Disease Control and Prevention (CDC) which indicates a decrease in influenza activity nationally. While influenza activity has declined in recent weeks, indicators remain higher than normal for this time of year and experts predict a second wave of illness during the winter months.

In an effort to prevent illness, students are

encouraged to receive both the seasonal flu vaccine and the H1N1 vaccine. Vaccination is especially important for people at high risk of serious flu complications, including people with chronic health conditions like asthma, diabetes or heart and lung disease. The health center administered over 500 seasonal flu shots this fall and nearly 400 H1N1 doses. A limited supply of each is still available. Interested students may come to the health center during regular hours to receive the vaccine. The seasonal flu shot cost is \$10 and the H1N1 vaccine is free of charge.

Students are also encouraged to take everyday preventative actions. These include frequent hand washing, covering coughs, and avoiding close contact with sick people. Students experiencing flu-like symptoms are asked to socially isolate and not attend classes or activities until they are fever-free for 24 hours without the use of fever-reducing medications. The SHC will continue to monitor flu activity throughout the winter months and provide updates. For more information visit, www.sju.edu/student_life/student_health or www.cdc.gov/flu.

As part of our on-going educational mission, The Off Campus Housing Department will be holding an Off Campus Housing fair in February 2010. Property managers of area apartment complexes and city services representatives will be on hand to process applications and to answer questions. This fair will give students a chance to find available housing options and learn the pros and cons of living off campus. We will also provide information about the neighborhoods surrounding Saint Joseph's University, as well as campus services available to off campus students. Attending the fair can help make the process of moving off campus less complicated.

Saint Joseph's University and the surrounding communities have also been concerned about negative off campus student behavior. Students must understand that while they will be living in the community they still represent the university. We ask that they review the policies and regulations in the student handbook, which can be found on the Community Standards web page. Please feel free to visit us in Campion Student Center, Room 212, or call 610-660-1003 or visit our website at www.sju.edu/student_life/och. It will help make off campus living at Saint Joseph's University a positive and rewarding experience.

Residence Hall Programming

Residence Life • LaFarge Hall • 610-660-1060

2010-11 Housing Selection

Greetings from the Office of Residence Life! We hope this time of year provides you with rest and relaxation as you spend time with friends and loved ones. We also hope that you'll find time to begin conversations with your student about 2010-11 housing. SJU requires all first and second year students to live on campus, so it is important for both you and your student to be informed of the housing selection process.

The process for 2010-11 on-campus housing will begin on January 19, 2010. We're excited to be able to offer 350-450 on-campus housing spaces for rising junior and senior students for next year (fall 2010 – spring 2011). Additionally, we are excited to announce that Pennbrook Apartments has been added as part of the SJU student housing portfolio and will be available through the upcoming housing selection process for sophomore, junior, and senior students to occupy beginning in August 2010. You may know the Pennbrook Apartments underwent an extensive renovation to create safe, comfortable and modern student housing supportive of the Saint Joseph's University mission. These renovations, combined with their convenient location, make Pennbrook Apartments a fine addition to the SJU housing options.

A supplemental newsletter with details on the housing selection process will be sent home during the winter break period. Finally, you may also visit our website for more information on the housing selection process or Pennbrook Apartments at <http://www.sju.edu/residence-life/>. Again, current sophomores and juniors may apply for on-campus housing by logging into MySJU from January 19, 2010 – February 12, 2010, and completing an on-line lottery application. Please do not hesitate to contact our office with any questions at (610) 660-1062.

Encourage your students to get involved in Residential Learning Communities!

Is your student looking to get more involved in their residential experience? Does he or she want to meet other students with similar interests? Check out our upper-class Residential Learning Communities! Residential Learning Communities (RLCs) are comprised of groups of students who choose to live on the same floor or in the same residential area and focus their residential experience on a specific interest or academic area or major. Students who choose to live in RLCs participate in out-of-class learning opportunities, including programs, events, and field trips, that are specifically focused on the theme of their RLC.

The Office of Residence Life traditionally sponsors two RLCs specifically for upperclassmen: the Business RLC and the Romero RLC. The Business RLC, housed in Rashford Hall, is ideal for students majoring in a Business concentration. The Business RLC allows students to participate in programs, trips, and events that are related to trends and careers in the business world. Students often take similar classes and benefit from in-hall study sessions, final reviews, faculty events, and career workshops and have visited several New York accounting firms. The Romero RLC is housed in the Morris Quad townhouses and is focused on social justice, service, and advocacy. Students participating in the Romero RLC live together and participate in "Justice Issue Teams." In these issue teams, students commit to learning about social justice issues including hunger, peace and war issues, human rights, and healthcare access. Romero students participate in programs planned by their fellow students and engage in community service in the local community and on campus.

While the Business RLC and the Romero RLC are planned for next year, we're always interested in working with students to develop new RLCs. Encourage your student to contact the Office of Residence Life if he or she is interested in living in an RLC next year. Applications for these upper-class RLCs will be available on the Living Learning website at www.sju.edu/reslife/livinglearning on February 1, and are due by February 19.

RA Selection

Is your student looking for a great way to get involved on campus & put their leadership skills to good use? Encourage them to apply to be a Resident Assistant! Resident Assistants, or RAs, work with students in our residence halls to develop community and help residents to experience all that SJU has to offer. From hosting dinners with faculty members, to ensuring the safety and security of our students within the Residence Halls, RAs gain valuable experiences for life beyond SJU. These acquired skills often put them ahead of other applicants when entering the workforce as an intern or in a full-time position. The Office of Residence Life seeks to select a diverse and well-qualified staff that will best help our student population. Students interested in becoming an RA will need to complete an application & go through the selection process held in February. RA applications are available via MySJU December 7th - January 27th. Refer to the Residence Life website for more details and specific dates. Office of Residence Life: <http://www.sju.edu/residence-life/>.