

## Career Development Center

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

Hello parents!

The Career Development Center staff looks forward to working with your students during their time at SJU and beyond as we offer free life-long services. An overview of the Career Development Center's most popular services is provided below.

### Appointments

Students can meet individually with a career counselor to discuss a variety of topics, such as choosing a major, exploring career options, taking a career assessment, searching for jobs and internships, networking, interviewing and applying to graduate school. Students may call 610-660-3100 to schedule an appointment.

### Walk-In Centers

Students are encouraged to visit a Walk-In Center if they have quick questions or would like to get feedback on their resumes and cover letters. The Walk-In Centers are located in Campion 306 (Monday through Friday from 1 to 4 PM) and Mandeville 206 A (Tuesdays and Thursdays from 1 to 4 PM).

### On-Campus Interviewing Program

This program brings over 100 employers to campus each year to interview graduating students for full-time positions and undergraduates for internships. It is easy for students to get involved since all of the interviews take place right at the Career Development Center in Moore Hall.

### Career Panels, Networking Nights & Presentations

The Career Development Center offers a number of informative events and presentations throughout the year. Many of the programs feature SJU alumni and employers speaking about their career experiences and sharing insider advice about breaking into their different industries. Visit [www.sju.edu/careers/upcoming.html](http://www.sju.edu/careers/upcoming.html) to check out the schedule of fall events.

### Career Fairs

The Career Development Center hosts the Fall Career Fair and Spring Career Fair on an annual basis and holds a Nonprofit and Government Career Fair every other year. Each career fair bring over 125 employers on campus so that students can meet with representatives in person, ask questions, and drop off resumes to apply for full-time, part-time and internship opportunities in a variety of fields.

### SJU Hawk Career Network in LinkedIn

One of the best ways for students to explore career options is to speak with people about their professions. Through the Hawk Career Network, students have access to over 3000 SJU alumni. They can review the profiles of alumni and even request informational interviews as a way to learn more about different occupations, industries, and employers.

We hope that you will encourage your sons and daughters to take advantage of all of the programs and resources that the Career Development Center has to offer.

## College of the Arts & Sciences

*Advising Support Center*

*Campion Hall 215 • (610) 660-2631 • Director: Maria Beazley '85*

We are delighted to announce the opening of the Advising Support Center (ASC), a new advising resource for students in the College of Arts and Sciences (CAS). In the CAS, faculty advisors serve as students' primary resource for advising. The ASC staff will collaborate with Faculty Advisors to help students make informed decisions about their education and empower them to be responsible, independent learners. The ASC will serve as an excellent resource for general advising questions. More specifically, the ASC can assist with understanding the General Education Program, navigating SJU policies and procedures, exploring majors, encouraging students to identify and use campus resources effectively, understanding registration procedures and resolving problems that may occur during the registration process, and helping students to prepare for meetings with their faculty advisors. The ASC is available to all students in the CAS; however, it may be especially helpful to first-year students as they transition to college and make decisions about a major. This semester, the ASC will be offering workshops for first-year students in an effort to help them to begin planning their education and preparing for Spring 2011 registration.

Please note that the ASC is specifically a resource for students in the College of Arts & Sciences. The Leahy Advising Center in the Haub School of Business (HSB), established in 2005, is an excellent resource for students majoring in the HSB. For more information on the Leahy Advising Center, please see their website at <http://www.sju.edu/hsb/advising>.

## Student Health Center

*Laura Hurst, MSN, CRNP • Sourin Hall • 610-660-1175*

Sadly, cancer will affect one in every two men and one in every three women during their lifetime. Chances are someone you are close to has been affected by this disease. This fall, Saint Joseph's University is partnering with The Wellness Community of Philadelphia to support students who may have a close friend or family member with cancer.

The Wellness Community of Philadelphia (TWCP) is one of 24 worldwide chapters dedicated to helping people with cancer and their loved ones through professional programs of support, education, and hope. All programs are provided on campus at no cost to students. Workshops will offer support and advise about:

- Staying connected to your loved one who is sick while you are away at school.
- Finding strategies for offering and receiving support.
- Managing the stress of knowing that a loved one is ill.
- Dealing with uncertainty.
- Coping with pressures to be at home and missing classes.
- Staying focused on class work.
- Knowing when and where to reach out for help.
- Identifying healthy coping mechanisms.

If you would like more information about TWCP or would like to refer a student in need, please contact Laura Hurst at 610-660-1175 or [lhurst@sju.edu](mailto:lhurst@sju.edu).

## Counseling Offers More Than *a Good Listening Ear*

by Greg Nicholls, Ph.D. \*Director, Licensed Psychologist  
Counseling and Psychological Services

Approximately 500 students visit Saint Joseph's University's Counseling and Psychological Services (CAPS) each year to receive professional help for personal issues that are interfering with their academic progress and undermining their wellbeing. While most say they feel helped principally because their counselor is warm, caring and deeply understanding of their concerns, they also indicate other more specific benefits as a result of their counseling experience. According to our annual satisfaction survey, the vast majority of our student clients agree with the following statements:

- *Counseling was helpful for improving or maintaining my academic performance.*
- *Counseling has helped me identify, express and cope with my emotions.*
- *I have developed increased self acceptance and greater appreciation of my strengths.*
- *I have been able to make behavior changes that will help improve my life.*
- *Counseling was helpful for improving my relationships with others.*

CAPS is located in A504 Merion Gardens, about a 10-12 minute walk from the main campus. Hours are 8:30-4:30, M-F. For added convenience, we also have a private walk-in office located on the first floor of LaFarge Residence Hall that is open every week day from 11:30am-1pm.

Don't hesitate to remind your students of the service we have available. We are here when they need us. Office located at A504 Merion Gardens, 610-660-1090

## SJU Sustainability – 'Stewards of the Earth'

Mary Feeney, Chair SJU Recycling Committee

*As stewards of the earth, it is the responsibility of every individual at Saint Joseph's University to ensure and uphold the natural balance of the earth's resources.*

The kickoff for the Fall 2010 semester began on move-in weekend, August 28-29.

As Chair of SJU's Recycling Committee, I would like to extend my thanks to you and your son or daughter. Record amounts of recycling took place as individuals embraced SJU's

*'going green'* efforts in recycling cardboard, plastic, paper, glass, and aluminum. As part of the recycling team at one of the dumpsters, I was so impressed with your eagerness and cooperation bringing items down to be recycled. As the day wore on and the piles grew higher, many of you often lent a hand in flattening the boxes and commented positively on SJU's sustainable efforts. What a site to see the dumpsters filled to the top! KUDOS to you! Recycling totals for that weekend alone was a remarkable high of **6.03 tons** that SJU diverted from landfills.

SJU began recycling efforts in **2007** with **77 tons recycled**, diverted from waste. In **2009**, the SJU community commitment grew and **270 tons** were recycled. This year, we expect our totals to be even higher.

Visit our website for more information on SJU's sustainable working groups at: [www.sju.edu/resources/sustainability](http://www.sju.edu/resources/sustainability)

## Off-Campus Housing

Campion Hall • Suite 212 • 610-660-1003

A rite of passage for some upperclass students is to move off campus into a rental apartments or houses.

This new found freedom comes with new rights AND responsibilities.

Our goal is to pro-actively connect with the students living off campus to give them the tools they need to do well in the community and act responsibly in the neighborhoods.

As a proactive measure, the administrators of the Student Life division went door to door to distribute welcome kits to students living in private homes. These kits included a flashing light, batteries, energy saving light bulbs, coupons, cleaning supplies and a folder with information about campus and city services. We had the opportunity to discuss things like when is trash and recycling day and the importance of being a good neighbor.

But renting a house rather than an apartment requires more considerations than just how many bedrooms and how much space the home has. It is important to take the time to learn about the area and visit each location. There is also an ordinance that dictates that only three unrelated people can live in a private home, to how many parking spaces a household is allowed. Students should know that while they will be living in the community, they represent the University.

As part of our on-going educational mission, we will be holding three off campus housing workshops in October and November. These workshops are entitled *"How to Find Housing, Landlord Tenant Rights and How to be a Good Neighbor"*. The workshops will give students and introduction to the process; help them learn the ins and outs of living off campus and answer common questions such as, "Is it less expensive to live on campus or off? What type of lease should you sign? What is included in the rent?" Students will sometimes sign lease agreements without reading them thoroughly or neglect to notify landlords that they would be vacating. As you know, this results in financial and legal problems for both students and their parents. While this office does not give legal advice, we can provide you with a variety of resources to answer the more technical questions. We, in Student Life encourage all parents and students to contact our office so that we can help you make the right decision. Being well informed about off campus housing issues can help make this decision a smooth transition.

Please feel free to visit (Campion Student Center Room 212), or call (610-660-1003) or visit our website at [www.sju.edu](http://www.sju.edu) Student Life/ Off Campus Housing. It will help make off campus living at Saint Joseph's University a positive and rewarding experience for all.

## Family Weekend 2010

Student Leadership & Activities • 610-660-1073

All parents and family members are invited to join us on Hawk Hill for day filled with fun and activities. This is a great opportunity to visit your son/daughter and spend time on campus and in Philadelphia. Please visit the Student Leadership & Activities website ([www.sju.edu/student\\_leadership](http://www.sju.edu/student_leadership)) or call the office (610-660-1073) for information about the schedule and discounted hotel options. We look forward to seeing you on November 6th!

# Services for Students with Disabilities

Jim Scott, Director • 113 Science Center • 610-660-1774

To the Parents of Freshman:

This must be a challenging and even frightening time in your parenting experience. After all from the moment your son or daughter was diagnosed with a "difference" you have been involved in their educational program (IEP); perhaps you had to challenge your local school districts to receive support services; petition ETS to receive extended time to take SAT's or confront OVR for financial support. Through experience you have learned to be an advocate for your child.

Now, however, "It's Time to Let Go.....maybe just a Little". It's time for your son or daughter to become independent; to make decisions, and advocate for themselves-independently. I am certain that you have prepared them well for the challenge confident that they will do just fine while progressing through the college experience.

Keep in touch with your student but, don't prod; treat them as adults, respect their decisions'; provide encouragement, be understanding; and remember, "It's Time to Let Go .....maybe just a Little."

To All Parents:

Summer 2011 Internships

The Workforce Recruitment Program is a federally sponsored program and summer internships are available throughout the country. Students work in federal installations such as the Department of Defense, Labor, Agriculture, Health & Human Services, Veteran's Hospital internships (\$12.00 - \$15.00 per hour); usually run from late May until the end of August and can lead to full-time employment following graduation.

As one student commented on her experience:

*Last summer I interned with the U.S. Department of Agriculture as a Biological Science Aide. I learned the basics of how to conduct research. By the end of the summer, I was conducting my own experiments. Beyond my experience in the lab, I worked side by side with research scientists. I strongly encourage you to experience your own internship. The process is easy, but the opportunities are vast.*

Information about the program and applications are available in the Office of Services for Students with Disabilities, Science Center, Room 113. All students have been notified by email and encouraged to schedule an appointment with the Federal Recruiter.

Interviews will take place as follows:

Dates: November 1,2,3,4 & 5, 2010

Times: 8:00 am – 5:00 pm (30 minute intervals)

Location: St. Joseph's University  
Science Center – Room 113

These are outstanding internships. Please encourage your son or daughter to investigate further.