

CES CONNECT

Career & Employment Services
Newsletter November 2015



University of
Lethbridge



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TEDx
WestVancouverED
x=independently organized TED event

Rethinking
Education



Every Decision is a Career Decision

Dave Redekopp, TEDxWestVancouverEd

What do you want to be when you finish school? This is not the right question to ask in a world where the myriad of decisions we make every day determine who we will become and the jobs of the future have yet to exist. Dave explains why. Watch his recent TEDx talk on youtube [here](#).

A winner of provincial and national awards in career development, Dave has devoted over 25 years to the development of better career development and workplace concepts and practices. His work has addressed a wide arrange of issues, from helping at-risk teens manage their career paths to working with executives to make their companies more career-friendly. His passion for career development pervades his work, which includes teaching, facilitation, public speaking, product development and research. President of the Life-Role Development Group Ltd., a national career development firm, Dave holds a PhD in Educational Psychology from the University of Alberta.

Ever Heard of SCiP?

The Serving Communities Internship Program currently has open positions in Lethbridge, Calgary, Edmonton, Red Deer, and other communities across the province.



HOW DOES SCiP WORK?

Definition: SCiP Internship:

1. A mutually beneficial opportunity for both nonprofit/voluntary sector organizations and students.
2. Nonprofit organizations gain valuable human capacity, and post-secondary students add to their resumes, skills, and networks while also receiving a \$1000 bursary.
3. SCiP interns have done everything from event planning, to curriculum development to program evaluation, to social media campaigns – the possibilities are endless!

Some of the current opportunities include:

- Physical Activity Supervisor – Lethbridge
- Web Content Developer – Lethbridge
- Multimedia Video Creator – Lethbridge
- Student Survey Technician – Lethbridge
- Event Organizer/Fundraising Intern – Lethbridge
-
- GIS Intern – Calgary
- Youth Engagement Intern – Calgary
- Development and Events Intern – Calgary
- Research Intern – Calgary
- Curatorial Assistant – Calgary
- Daffodil Campaign Intern – Red Deer
- Nutrition & Community Services Intern – Edmonton
- Human Rights Award Coordinator – Edmonton
- Heritage Village Coordinator – Edmonton
- Costume Design Assistant - Edmonton

To find out more about these opportunities, see the [SCiP site](#).

Enhancing Your Personal Brand on LinkedIn

1. Profile Picture:

Be professional! Your profile picture is the first impression you make. You can use the same profile picture for all social media platforms to solidify your brand and help people remember you.

2. Use a Headline:

Clearly identify your strengths and interests using key words.

3. Keep Content Current:

Remember to update your achievement, roles, volunteer work, etc., to ensure the content presented is relevant.

4. Claim Your URL:

Edit your public profile and customize your URL to enhance your personal brand and use an easy, professional link on your resume and business cards.

5. Stay Connected:

Reach out to other professionals, congratulate others on their achievements, share relevant content, write recommendations for others, volunteer your skills. The more you give authentically, the more you will be remembered.

GRADUATE STUDENT FOCUS

Transition Q & A: Sara Langworthy

By Jennifer Polk / University Affairs

Sara Langworthy earned her PhD in developmental psychology from the University of Minnesota. She's currently an educator at University of Minnesota Extension's [Children, Youth and Family Consortium](#) and an organizational consultant and co-founder of [The Exchange Loop](#) organizational consulting firm. Sara is the author of [Bridging the Relationship Gap: Connecting with Children Facing Adversity](#). Find her online at [DrLangworthy.com](#) and follow her on Twitter [@DrLangworthy](#). Find her educational videos online at [www.youtube.com/developmentalenthusiastchannel](#).



What did you hope for in terms of employment as you completed your PhD?

I knew pretty early in graduate school that I didn't want to go the traditional researcher/professor track. I loved research and writing, but I knew that the pressures of the academic life would not be good for my long-term wellbeing. To me, the traditional track wasn't the most effective way for me to do work that would reach the children and families who could most benefit from scientific study of the brain and development. I wanted more of an active role in taking what we know about child development and making it useful to people across various fields and walks of life. **Read the rest of the article at [University Affairs](#).**

Discerning Unexpected Paths

By Katina Rogers / [#alt-academy](#): a media commons project

How can humanities scholars find signposts to alt-ac careers when all of the paths are characterized by unexpected twists and turns?

The problem with signposts on the alternative academic track is that they aren't where you expect them to be. Not only have I found this to be true in my own experience but, based on my recent work researching career paths of humanities scholars, I also believe unpredictability to be the norm in alternative academic career paths.

As part of my role with the Scholarly Communication Institute—an Andrew W. Mellon Foundation-funded humanities think tank that dedicated ten years to investigating the changing environment of scholarly communication, graduate education, and more—I designed and administered a survey of people with advanced humanities degrees who had pursued careers beyond the tenure track. Though respondents worked in a wide range of fields, the survey revealed an incredibly common pattern: that of serendipity and unpredictability in the individual's career trajectory. Many reported finding themselves in satisfying jobs that they not only didn't expect to pursue when starting their graduate studies, but frequently ones that they didn't know existed. **Read the rest of the article at [#alt-academy](#).**

CES November/December/January Workshop Schedule

Resume and Cover-Letter Writing:

Learn to write a targeted resume that showcases what you have to offer.

- Tuesday, December 1 1:00pm-4:00pm
- Wednesday, January 13 1:00pm-4:00pm
- Tuesday, January 26 1:00pm-4:00pm

Job Search and Networking:

Learn to conduct a strategic and proactive job search.

- Wednesday, November 25 1:00pm-3:00pm
- Tuesday, January 12 1:00pm-3:00pm
- Wednesday, January 27 1:00pm-3:00pm

Interview Tips and Techniques:

Learn what is involved in a job interview and how to prepare for success.

- Thursday, January 21 1:00pm-3:00pm

Rapid Resume Review Drop-in Times:

Drop in to receive brief feedback on your resume.

- Monday, November 23 1:00pm-4:00pm
- Monday, January 18 1:00pm-4:00pm

To view the full November, December, and January calendars, and to sign up to attend workshops, click [here](#).

So many people are looking for it: their Big Life Purpose. Becoming **YOU** is your purpose. You are the very purpose of your existence. Realizing what lights your fire and floats your boat – that's your life purpose. What else could it be?

-Danielle LaPorte

Tired of Wasting Time on the Holiday Break? (6 Tips)

By Shannon Mandel / TalentEgg

Have you ever gone on a break with plans to get things done, only to return weeks later exactly where you left off?

It's a familiar story – the holiday break is here and you're grudgingly packing books to get a head-start on the work ahead of you in January. If you plan ahead and manage your time properly, your free time won't disappear into thin air. Here's how to fit everything into your schedule and manage common planning problems.

Plan in advance

Get out a calendar (or calendar [app](#)) and mark down all of your known commitments in advance. For example, if you know you'll be making a holiday dinner, make sure you book off the whole day for cooking. Likewise, add in parties, trips and any other commitments with a set date. Make sure to keep your calendar up-to-date. Planning will help you keep track of your free time and see how much of it you really have to manage. **Read the rest of the article at [TalentEgg](#).**



CES JOB BOARD & HOT JOBS

Did you know that the University has a job board for employers looking specifically for you, the U of L student/grad?

The [CES Job Board](#) is accessible to current U of L Students & Alumni, accessible 24 hours a day, 7 days a week. You can search for Full Time, Part Time, Summer, Volunteer, and International Positions in a variety of locations and industries.

Check out the chart below for a sample of some current listings.

	Company	Job Title	Closing Date	Location
	FBC	Tax Specialist/Field Consultant - Southern Alberta	December 3, 2015	Various Locations
	National Music Centre	Web Coordinator (Technical)	December 4, 2015	Calgary
	Enterprise Holdings	Management Trainee - Calgary and Lethbridge Locations	December 6, 2015	Calgary Lethbridge Red Deer
	Firmex	Business Development Associate	December 11, 2015	Toronto
	Scotiabank	Financial Advisor Trainee	December 15, 2015	Lethbridge
	Signalta Resources Limited	Joint Venture Accountant/Analyst	December 18, 2015	Calgary
	Surex	Software Business Analyst	December 19, 2015	Lethbridge
	Lethbridge Family Services	Health Care Aide - Crowsnest Pass and Picture Butte Area	December 19, 2015	
	Uline	Human Resources Representative	December 31, 2015	
	Investors Group	Consultant	December 31, 2015	
	International Fitness Holdings	Certified Personal Trainer	December 31, 2015	Calgary Edmonton
	Guillevin International Co	Corporate Management Trainee	December 31, 2015	Lethbridge
	EMCO Corporation	Management Development Program	December 31, 2015	Calgary Lethbridge Grand Prairie
	Cargill Ltd	Sales Management Associate - HIG00325 - Cargill Beef	January 15, 2016	High River
	Richardson Pioneer	Agribusiness Assistant	January 31, 2016	Western Canada
	JBS	JBS Trainee Program	April 9, 2016	Calgary Brooks
	Alberta Education Cmecx	Language Assistant	October 2, 2016	

HAPPY HOLIDAYS FROM ALL OF US AT CAREER AND EMPLOYMENT SERVICES!

WE WISH YOU ALL THE BEST AS YOU FINISH YOUR CLASSES AND EXAMS, & WE LOOK FORWARD TO SEEING YOU IN 2016!



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Check out our brand new Pinterest page for ideas, tips, and inspiration as you explore different career paths and look for work.

