

# CES CONNECT

Career & Employment Services  
Newsletter November 2016



University of  
Lethbridge



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# italladds

## Reduce Your Stress. Inform Your Future.

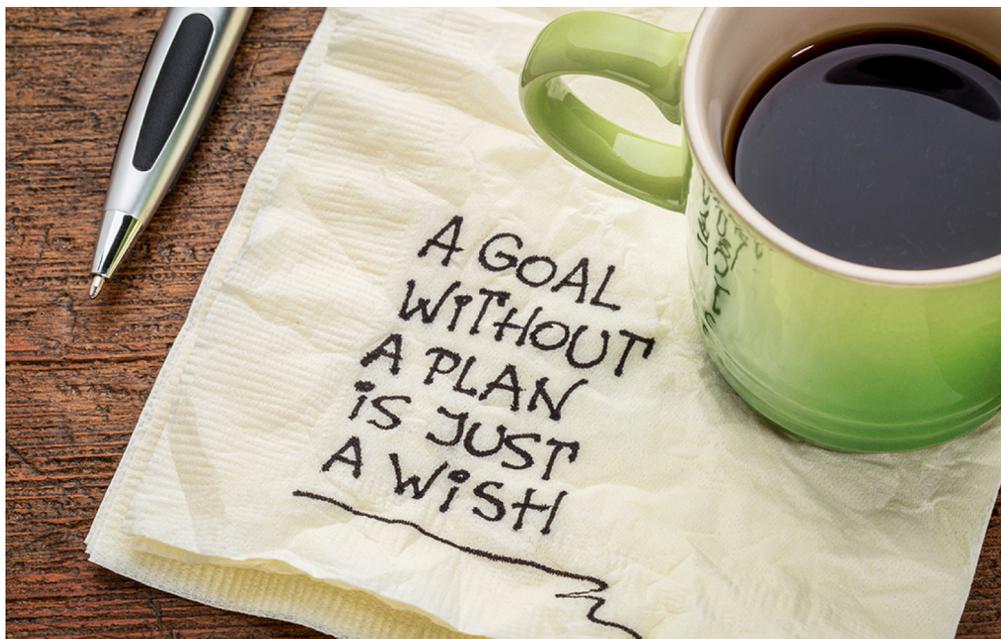
Are you feeling stressed about your future? Unsure about where you're going? Worried that you're not doing enough? Not feeling confident?

We want to help you reflect on the things that you're already doing inside & outside the classroom, and think about how those experiences and interests can add up to the future you want!

Come visit us and see for yourself how it all adds up!

**Wednesday, November 2**  
**10:45am-2:15pm**  
**LINC; Markin Hall Atrium**

**#italladdsup**  
**italladdsup.ca**



## Four Professional Goals that are 100% Achievable

Brock Hurley, TalentEgg

**Like many millennials, I have a strong desire to be a part of something big.**

Just thinking about working for a cutting-edge tech company, the next groundbreaking mobile app, being involved with a major video game studio and working to help grow the popularity of martial arts worldwide gets me pumped up! But these are all big goals, the kind that you don't achieve overnight. Or even a lifetime, if you don't have a plan to get there.

The truth is, there are a lot of small steps along the way to achieving a major life goal. In order to keep myself from feeling overwhelmed, I like to break things down into much smaller goals instead. This way I can tackle several of these smaller goals at a time and feel like I'm making progress. Here are five examples of smaller (in most cases) career goals that I've set for myself.

### 1. Improve My Writing Skills

This one may sound pretty broad, but bear with me for a moment. Writing is something I've been doing my entire life. It's always been something I've enjoyed, and is the easiest way for me to express what I'm feeling. I studied Professional Writing in university, and I like to think that I'm pretty good at it. But you never really finish learning how to write. There are always aspects of your writing that could be improved, tweaked, and tailored.

And that's a good thing.

Skills that can be continually improved throughout your lifetime come with an easy source of motivation. After all, doesn't it feel great when you notice yourself getting better at something?

Read the rest of the article at [TalentEgg](#).

## 5 Tips for Job Interviews

### 1. Dress for Success:

Understand what type of dress is typical for your industry and choose your attire accordingly. Ensure that your clothing is clean, fits you well, and looks professional. Mind your hygiene and avoid wearing scented products.

### 2. Do Your Research:

Learn as much as you can about the position, company, and industry that you're applying for. Ensure you understand what the employer needs and use that knowledge to anticipate what questions you will be asked.

### 3. Share Your Story:

Use real life examples with concrete details to explain your skills. Be prepared to explain to the employer why you're the right fit for the job in question.

### 4. Show Enthusiasm:

Employers like hiring people who want to work for them! Show that you care about the company/organization and the work that they are doing.

### 5. Follow Up:

Consider sending a thank you note or email within 24 hours of your interview. This gives you an opportunity to show appreciation for the interview, summarize your skills, and let the employer know you want the job!

# GRADUATE STUDENT FOCUS

## Know What You Don't Know

By Paula Krebs / Chronicle Vitae

If you're like most new faculty members, your doctoral program taught you a lot about your research area, a bit about teaching (if you're lucky), and pretty much nothing about any other aspect of the profession you've entered.

Of course you'll be expected to teach, produce research, advise students, and serve on committees. But you'll also need to learn to navigate the campus, figure out power structures, and determine who your students are and how to get them through. You'll come to know a lot about residence halls, fraternities and sororities, and athletics. And you'll learn how to submit grant applications, lead study-abroad tours, and talk to alumni.

Read the rest of the article at [Chronicle Vitae](#).



FACULTY OF GRADUATE STUDIES  
SCHOOL OF GRADUATE STUDIES

## Invest In Your Future

A Career Exploration Symposium  
for Graduate Students

November 9-10, 2016

Co-hosted by University of Lethbridge SGS

Workshops, panels, and networking at the University of Calgary

Register now! [ucalgary.ca/mygradskills](http://ucalgary.ca/mygradskills)

# Student Wellness Groups

Counselling & Career Services is excited to be offering a variety of open groups. The groups will focus on promoting wellness, growth, and connection. The classes are free and all students are welcome to attend.

## Room to Breathe

**Wednesdays 11:00am-12:00pm; Drop-in: AH158**

*No registration necessary. New students please arrive 10 minutes early.*

Forget about the future or the past for an hour. Slow down and embrace the present. In Room to Breathe, you will learn how to ground yourself with mindfulness meditation and various breathing techniques. Students who develop a regular practice of mindfulness can expect to improve their sleep, mood, self-awareness, focus, and personal interactions.

## Yoga for Mental Wellness

**Thursdays 9:25am-10:40am; Drop-in: AH100**

*No registration necessary. New students please arrive 10 minutes early.*

University is a time of great transition and finding balance can become a challenge. When our body, mind, and spirit fall out of balance, we can experience symptoms of anxiety and depression. We may experience negative chatter in our minds, and we might feel scattered, stressed, numb, or angry. Yoga offers many tools to help bring things back into balance, and research supports its use in managing these symptoms. Join us through this guided yoga practice designed to enhance emotional wellness. No yoga experience is necessary and all levels of physical ability are welcome.

## Shifting Gears: Skills for Successful Self-Management

**Tuesdays 3:00pm-4:30pm**

*Please register by calling 403-317-2845.*

Attending university can be a challenging time. If you find yourself struggling with feeling emotionally overwhelmed, feeling frustrated with your interactions with others, or worrying a lot about the future, consider joining us for this group. At Shifting Gears, we will explore skills to manage emotional reactions, to calm and de-clutter our minds, to deal with people in more effective ways, and to tolerate life when it just isn't going so well.

## Connection and Support

**Wednesdays 4:30-6:00pm**

*Please register by calling 403-317-2845. Next group intake begins Nov 16.*

*New students please arrive at 3:45pm for orientation.*

Connection and Support is a personal exploration group for students dealing with a variety of issues (e.g. depression, anxiety, stress, and relationship concerns, among other things). Members learn together that they are not alone in how they're feeling, and support each other to explore patterns of how they relate to themselves and others with the aim of developing greater understanding and acceptance, changing current behaviours, and developing better ways of coping.



## 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.

	Bank of Montreal	Investment Banking Summer Analyst	November 7, 2016
	Gitzel & Company CPA	CPA ARTICLING STUDENT	November 15, 2016
	Bayer Inc	2017 Summer Students	November 15, 2016
	DuPont Pioneer	Research Interns	November 16, 2016
	Lethbridge Family Services	Interpreter/Translator - Various languages	November 18, 2016
	Crop Production Services Canada	Summer Agronomy Assistant	November 18, 2016
	BMO Financial Group	Assistant Branch Manager in Training-1600018837	November 19, 2016
	Tutoring Services	Student Tutor	November 19, 2016
	Farmers Edge Inc	Product Support Specialist	November 23, 2016
	Matson, Driscoll & Damico Ltd.	Staff Accountant	November 23, 2016
	Farming Smarter	Agronomy / Precision Ag Research Technician	November 30, 2016
	Richardson International Limited	Agribusiness / Agronomy Summer Student	November 30, 2016
	Richardson International Limited	Agribusiness Assistant	November 30, 2016
	BP Canada Energy Group ULC	Supply/Marketing, Analytics, and Trading Intern	December 10, 2016
	Syngenta Canada Inc.	Product Development Technician	December 28, 2016

# CES November/December Workshop Schedule

## Resume and Cover-Letter Writing:

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

- Tuesday, November 15 5:00pm-7:00pm
- Tuesday, December 6 1:30pm-3:30pm

## Job Search and Networking:

Learn to conduct a strategic and proactive job search.

- Wednesday, November 23 1:00pm-3:00pm

## Getting Started with LinkedIn

Learn to create a strong profile and use LinkedIn effectively for networking & job search. Setting up a LinkedIn profile prior to workshop is encouraged, but not mandatory.

- Thursday, November 17 5:00pm-7:00pm

## Interview Tips and Techniques

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

- Monday, November 28 1:00pm-3:00pm

## Grad School Applications

Learn about the process of applying to graduate school, creating a CV, and writing a letter of intent.

- Thursday, December 8 6:00pm-7:00pm

## Rapid Resume Review Drop-in Times:

Drop in to receive brief feedback on your resume.

- Friday, November 4 (AH153) 1:30pm-4:00pm
- Friday, November 18 (AH153) 1:30pm-4:00pm
- Friday, November 25 (AH153) 1:30pm-4:00pm
- Wednesday, November 30 (PE Atrium) 12:30pm-2:30pm

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

You are receiving this newsletter because you signed up on the CES Contact List. If you found this information useful, feel free to share this link with your friends and encourage them to sign up on the [CES CONTACT LIST](#).

If you would no longer like to receive emails from us, email us at [ces.students@uleth.ca](mailto:ces.students@uleth.ca) and tell us that you'd like to be removed from the contact list.

## Counselling & Career Services

403-317-2845

[ces.students@uleth.ca](mailto:ces.students@uleth.ca)

[ulethbridge.ca/ces](http://ulethbridge.ca/ces) [blogs.ulethbridge.ca/ces](http://blogs.ulethbridge.ca/ces)

Anderson Hall, AH153



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