

# Monarch Messenger

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## Counselor Assists At Career Services Center

By Krista McArtan  
Photo Editor

Heather Altman joined the team at the Career Services Center at Methodist College for the Spring 2000 semester. She is completing the practicum requirement for her master's degree in counseling from Webster University of St. Louis, MO. She will be eligible to sit for her license in professional counseling when she graduates in May.

Altman holds B.A.'s in criminal justice, sociology, and psychology. Her desire is to specialize in the prevention of mental illness in the key," she said. "Currently, there are no programs available for children in the schools or within social services to educate children and parents on the prevention of mental illness." Most of Altman's experience has been in crisis intervention and high risk counseling situations.

Altman describes her experience at the Career Services Center as an uplifting one. "I enjoy working with the students here and getting to know them," she said. She said the most important aspect of her job at the Center is "teaching students and other clients to be able to use these valuable services and tools on their own. Using all available resources to boost your advantage is what the career planning experience is all about."

According to Altman, the best way to develop a career strategy or conduct a job search is to have a good plan. She stressed the importance of beginning as early as possible, preferably in the freshman year and then coursing one's strategy throughout college. "It's not too late to begin the planning even up to graduation, but you simply can't afford to let this opportunity slip by," said Altman. "You are in college with an end result goal of beginning a career, so come to the Career Services Center for a few minutes to check out how easy it is to begin planning your own career path and job search."

Students have an opportunity to experience every aspect of job hunting, one step at a time, before the real test comes, according to Altman. Staff at the Center are diverse in experience and background, but most agree that an early start is the key to success.

Career Services Center staff members, under the direction of Lori Bumgarner, director of career services, interviewed clients with practice interviews, give lists of available internships and graduate school applications, as well as show students job offerings for



Heather Altman, graduate intern

local part-time and full-time positions. "It is to the student's own benefit to create a job searching strategy as early as possible," said employee Zilvinas Mecelis, a transfer from Kaunas, Lithuania, and a financial economics major.

Jennifer Rhame, a freshman from Fayetteville, and a communications major said, "We have career assessment tools for those who are not quite sure what they want to do with their skills. This Center can be used by everyone on campus. I especially encourage freshmen to visit the center to see what career options are available." Student employees are gaining insight into the work world and valuable experience in the career planning process while working at the Center.

"From my experience, the best way to land a good job is through networking. Activity in organizations and community affairs is very valuable in making contacts," said Zilvinas Mecelis.

Heather Altman agrees. She was hired for her internship at the Career Services Center after meeting Dr. Jackie Morales of Methodist College's psychology department, at Webster University on Pope Air Force Base. She was referred by Dr. Morales to Lori Bumgarner, who hired Altman. Altman, by getting this internship and sharing her experience and skill with MC students, will in turn complete her practicum requirement and graduate with a more well rounded preparation for her licensure sitting. Everyone involved benefits from this practical application and prime example of networking.



Lori Bumgarner, center, with some of the staff members at Methodist College's Career Services Center. On the left is Jennifer Rhame and Zilvinas Mecelis. On the right is Heather Altman.

## Career Planning: What Should Seniors Be Doing Now?

Guess what time it is Seniors!  
How many of you actually know what you are going to be doing after you graduate?

How many of you aren't even sure what job field you want to enter after graduation?

The Career Services Center exists to help you with one of the most important decisions of your life. The problem is that many of you don't even realize Methodist has career services available which is where the *Monarch Messenger* has come to the rescue. Look forward to more features!



Photo by Krista McArtan  
Director Of Career Services, Lori Bumgarner

**What to wear to the interviews...**  
If the office is:  
Professional...  
Business Casual (khakis and skirts)...  
Casual (jeans)...

**You should wear:**  
Suit  
Suit  
Khakis or a skirt

- ✓ Stop by an orientation for graduating students and receive information on resume referrals, internet job posting, and job fairs.
- ✓ Complete all course requirements and take advantage of upper-level electives to enhance your qualifications.
- ✓ Attend the Career and Job fair.
- ✓ Go to workshop series on resume writing and interviewing skills.
- ✓ Explore your options!
- ✓ Familiarize yourself with on-campus interviewing.
- ✓ Speak to a professional in your field of interest.
- ✓ Participate in career forums and panels offered by your department and the Career Center.
- ✓ Continue to work with your career counselor as you make the transition from student to professional.
- ✓ Collect letters of recommendation for your credential file.
- ✓ Kick your job search campaign into high gear!
- ✓ Schedule interviews with as many employers as possible.
- ✓ Network. Network. Network.

Check out [goeeyindustries.com](http://goeeyindustries.com) and other websites such as:  
[hotjobs.com](http://hotjobs.com), [monster.com](http://monster.com), and [careermosiac.com](http://careermosiac.com).

[www.methodist.edu/careerservices](http://www.methodist.edu/careerservices)  
[www.methodist.edu/messenger](http://www.methodist.edu/messenger)

## Something For Everyone At Career Services

By Krista McArtan  
Photo Editor

Students and alumni can find valuable resources and services at the Career Services Center. Among the many services available are computer-based programs to assist in making career assessments and designing resumes and cover letters. Professional staff and trained student employees are on hand to assist in the various career-planning workshops offered. They offer one-on-one assistance in editing resumes and organizing information and portfolios.

The center also provides access to a library of career-related literature and books. Lists of part-time and full-time job postings, and internships are available, and information on getting into graduate school is also on hand. The staff can assist in posting resumes to some of the best-known Internet job-search sites, and they offer a Credential File service, which makes job hunters' credentials available to employers and recruiters who visit the campus. The option to send up to five professionally finished resumes to potential employers is also available-free of charge.

Career planning and job-hunting can be very expensive endeavors. Professional help and friendly service at the MC Career Services Center, are standards which Lori Bumgarner, director of career services, has fostered. She said, "I encourage students to take advantage of our new user-friendly web site and on-line registration system. Go to [www.methodist.edu/careerservices](http://www.methodist.edu/careerservices).

By registering with our web-based re-

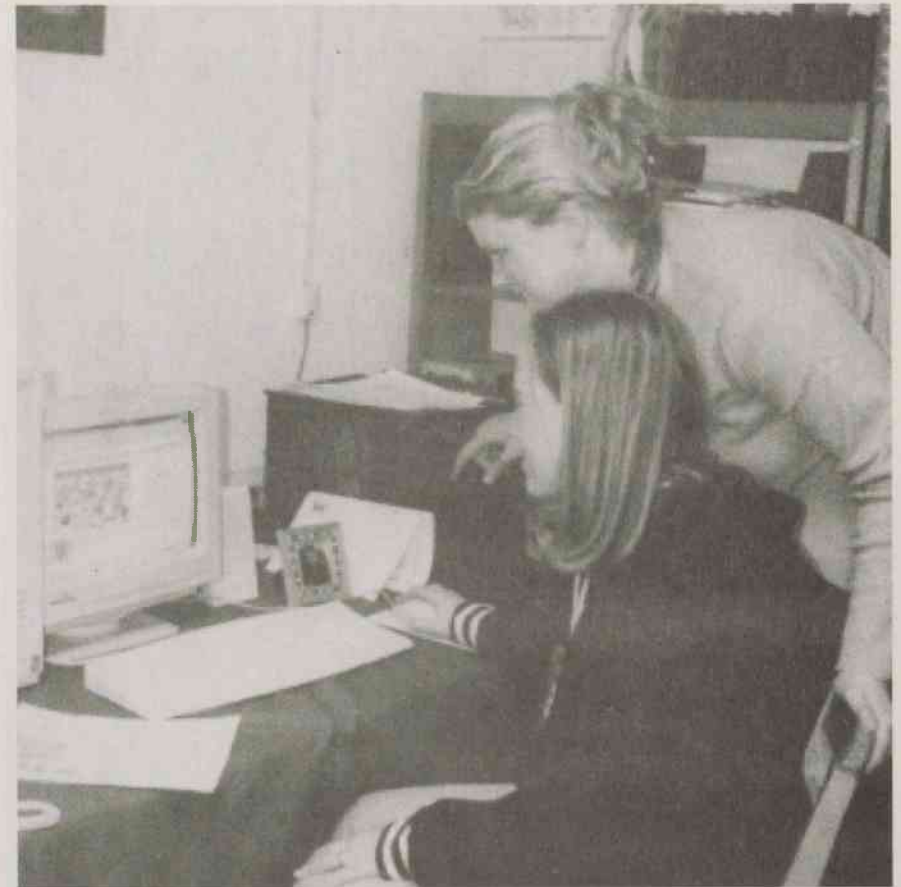


Photo by Krista McArtan  
Intern Heather Altman assists senior, Jackie Ruffing, physical education major, with the Resume Maker Program in the Career Services Center.

crutment program, students greatly increase their chances of finding the perfect career." These services are provided to all students and alumni. Employers can register with the career center and web site to recruit students and alumni for employment as well.

Bumgarner said, "The Internet is increasingly becoming a necessary tool

for the career development and job search process."

Visits to the Career Services Center, located in the Berns Student Center, Room 11, are free!

Hours of operation are from 8:30 a.m. to 8:00 p.m., Monday through Thursday, and from 8:30 a.m. to 5:30 p.m. on Friday.

Get recruited by the best--Register and post your resume at our own Career Services web site! Make your job search easy!

Come to the Career Services Center  
Get information about our upcoming Career Fair April 3.