

CAREERS ONTRAK

MAKING THE MOST OF HOLIDAY TIME

INSIDE THIS ISSUE:

<i>Experience FISH!</i>	2
<i>The FISH! Philosophy</i>	2
<i>Career Services Mission</i>	3
<i>Parent Tips</i>	3

Volunteer Hot-Spots

- Family and Children’s Services
- St. Joseph’s Home for Boys
- Safe Haven
- Silver Lining Club
- Salvation Army
- Local schools
- Local churches

For more information about local volunteer service opportunities, please contact Victoria Du Ree at 912-871-1435.

Dear Family and Friends,

With the holidays fast approaching, this is the perfect time for students to take advantage of the extra time to build their résumés. Many students choose to work holiday jobs to earn extra cash for the season. Part-time jobs can be good résumé builders, especially jobs related to the students’ major. In addition, if a student is unsure of a major, now is a good time to conduct a job shadowing experience in order to learn more about the career field.

Finally, we typically think of the holidays as a time of giving, and what better gift to give than your time. Many organizations are seeking volunteers during this time to do everything from visiting the elderly in a nursing home to collecting canned goods for the local food pantry. Whatever cause your student chooses to assist, you can rest assured that it will not go unnoticed to employers. Volunteer experience looks terrific on a résumé. The Office of Volunteer Services on campus can assist students in locating local volunteer experience and can document the experience through an official volunteer transcript. Career Services can assist students in developing a résumé which highlights all types of experience from volunteering to leadership.

If you have any questions about assisting students in locating part-time jobs, job shadowing experiences, or volunteer experience, please do not hesitate to contact Career Services. We can help your students in gaining relevant experience during the holidays!

Sincerely,
Amy Williams
Assistant Director

GRADUATE SCHOOL FAIR, NOVEMBER 11

The 2003 Graduate School Fair was a huge success with 446 students in attendance and 52 universities and departments represented!



Florida State University (above)

GSU College of Education (below)



Clemson University (above)

UPCOMING EVENTS—EXPERIENCE FISH!



Dr. Stephen C. Lundin, author of FISH! A Remarkable Way to Boost Morale and Improve Results will be our keynote speaker during Career Week in February.

February 24, 2004

10am & 2pm

Nessmith Lane Performing Arts Center

THE FISH! PHILOSOPHY

The FISH! Philosophy is inspired by the fishmongers of Seattle's Pike Place Fish Market. Despite a very difficult work environment, they have found ways to bring remarkable energy, commitment and creativity to their work. The CEO of ChartHouse Learning, John Christensen, encountered the market accidentally one day and instantly noticed that something unusual was going on. A bunch of fishmongers – not MBA professors or leadership gurus – were showing him how to bring more fun, passion, focus, and commitment to work. He discovered that this was a perfect example of a wholehearted workplace.

ChartHouse Learning soon brought its cameras to Pike Place Fish. After watching hours of footage, they saw that the fishmongers created their engaging environment through a few fundamentals – simple but powerful choices that we all can make. ChartHouse translated these actions into a common language called The FISH! Philosophy. The FISH! Philosophy is a set of four connected principles that are the foundation for a healthy workplace and life:

- **Play:** Work made fun gets done, especially when we choose to do serious tasks in a lighthearted, spontaneous way. Play is not just an activity; it's a state of mind that brings new energy to tasks and sparks creative solutions.
- **Make Their Day:** When you make "someone's day" (or moment) through a small act of kindness or unforgettable engagement, you can turn even routine encounters into special memories.
- **Be There:** The glue in our humanity is in being fully present for one another. Being there is also a great way to practice wholeheartedness and fight burnout, because it's the halfhearted tasks you perform while juggling other things that wear you out.
- **Choose Your Attitude:** When you look for the worst you will find it everywhere. When you learn you have the power to choose your response to what life brings, you can look for the best and find opportunities you never imagined possible.

The FISH! film was released in 1998 and has since been translated into 14 languages.

Career Services has chosen to adopt the FISH! Philosophy and hope that our attitude will be contagious to all of our customers!

College “Career Doctors”

College of Business Administration <i>rabarret@georgiasouthern.edu</i>	Rachael Barrett
College of Education <i>awilliams@georgiasouthern.edu</i>	Amy Williams
College of Health and Human Sciences <i>pmiddleton@georgiasouthern.edu</i>	Pearl Middleton
College of Information Technology <i>rabarret@georgiasouthern.edu</i>	Rachael Barrett
College of Liberal Arts and Social Sciences <i>townsend@georgiasouthern.edu</i>	Karen Townsend
College of Science and Technology <i>wbrown@georgiasouthern.edu</i>	Wallace Brown

Georgia Southern University

*PO Box 8069
1047 Williams Center
Statesboro, GA 30460*

Phone: 912-681-5197
Fax: 912-681-0564
Email: careersv@GaSoU.edu



*Have Your Students Open
the Door to their Future by
Visiting Us!*

Services Provided to Students and Alumni Include:

- Employer Information
- Graduate School Information
- Career Handouts
- Group Presentations
- Career Advising
- Career Fairs
- Experiential Education Opportunities
- Career Resource Center
- On-Campus Interviews
- Business Suits
- Mock Interviews
- Résumé Advising
- Résumé Critiquing
- Résumé Referrals
- On-line Résumé Posting
- Listservs
- Job Search Resources
- On-line Job Postings
- Computerized Assessments

Parent Tips for Students

Choosing a Career

- Volunteer during the holidays to learn more about different careers

Gaining the Competitive Edge

- Begin searching for a summer internship position

Finding a Job

- Research companies prior to interviewing with them

CAREER SERVICES MISSION

Our mission is to guide members of the Georgia Southern University community in establishing their career objectives through comprehensive programs that provide opportunities for individuals to learn strategies useful in reaching their career goals.

As advisors and catalysts, the Career Services' staff assists students with choosing their majors, identifying career interests, gaining related work experience, and providing guidance in their full-time professional job search through three distinct areas:

- (1) **Career Advisement and Education**
- (2) **Experiential Education**
 - a. **Job Shadowing**
 - b. **Cooperative Education**
 - c. **Non-Academic Internships**
 - d. **Externships**
- (3) **Professional Employment**
 - a. **On-Campus Recruitment**
 - b. **Résumé Referrals**