

Eye on Campus

Jobs, Loans and Graduate School: Senior Sendoff Series Presented by Career Services

By Christina Felizzi – Editor in Chief – clf5050@psu.edu

Throughout November, Career Services and Financial Aid Offices hosted the Senior Sendoff Series workshops for all students, with a particular emphasis on students in their senior year. In a set of three workshops, representatives from the Career Center and Financial Aid Office covered essential information extremely pertinent to students' futures, such as how to create a professional image for yourself, how to network with companies and employers, how to pay off your student loans efficiently, and the ins and outs of applying and considering graduate school.

Courtesy of Advising and Career Services, here are some helpful tips and sources of information from each workshop:

I. Sweats to Suits: Success in the Workplace - Tuesday, November 10th, 205 Main, 11:30am-12:30pm

- Emergency Employment Kit – www.bw.psu.edu -> quick links -> job/internship -> .PDF file, essentially the ultimate guide to finding a job

- Helpful websites:

o Occupational Outlook Handbook: www.bls.gov/OCO/ for potential earnings, future outlook and more information on careers.

o Interview Preparation Videos: www.collegegrad.com/job-search-videos/

o LinkedIn: <http://www.linkedin.com> (Join "Penn State Career Connection" group for additional networking). To watch the tutorial on creating your LinkedIn profile, go to <http://grads.linkedin.com>

II. Loan Repayment Strategies – Wednesday, November 11th, 216 Main, 12:30pm-1:20pm

- For information on how to prepare, apply, receive and repay your student loans, visit www.FederalStudentAid.ed.gov.

- Free Help Completing the FASFA, go to www.FederalStudentAid.ed.gov/completefasfa

- For more information on the Direct Loan Program, visit www.ed.gov/DirectLoan and also www.dl.ed.gov for Direct Loan servicing online

III. Applying to Graduate Schools – Tuesday, November 17th, 205 Main, 11:30am-12:30pm

- For more information on Penn State Great Valley School of Graduate Professional Studies,

contact Amanda Neill, Enrollment Coordinator at ach14@psu.edu

- Helpful websites:

o PSU's Graduate School: www.gradsch.psu.edu

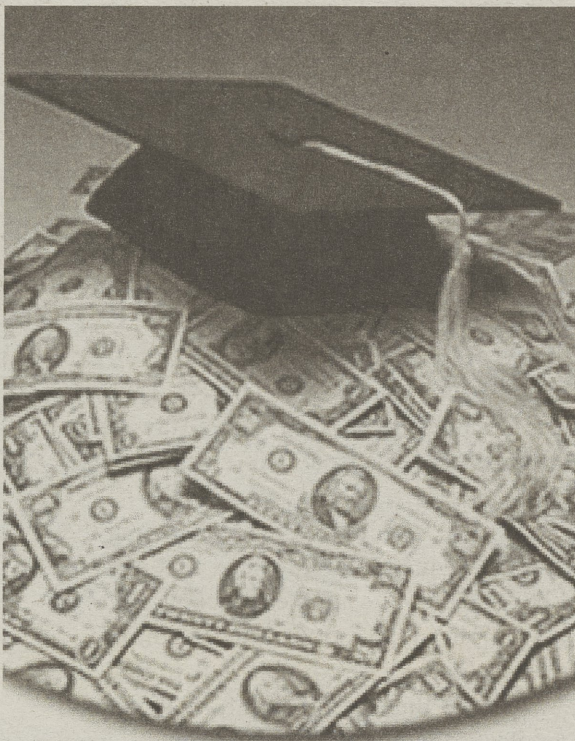


Photo courtesy of <http://privatestudentloanbadcredit.net/images/Student-Loans-Bad-Credit.jpg>

o Penn State Great Valley: www.sgps.psu.edu

o GRE Testing Information: www.gre.org

o U.S. News and World Report rankings: www.usnews.com/usnews/edu/grad/rankings/eng/engindex_brief.php

o Financial Aid Forms: www.fasfa.ed.gov

As an intern in the Career Center with recent experience as a graduate entering the workplace, Presenter Darrah Magrauer also feels it is very important for students to utilize the Career Center and its workshops as stepping stones that lead to every student's goal – to get a professional, full-time job. "I think it is crucial for students to

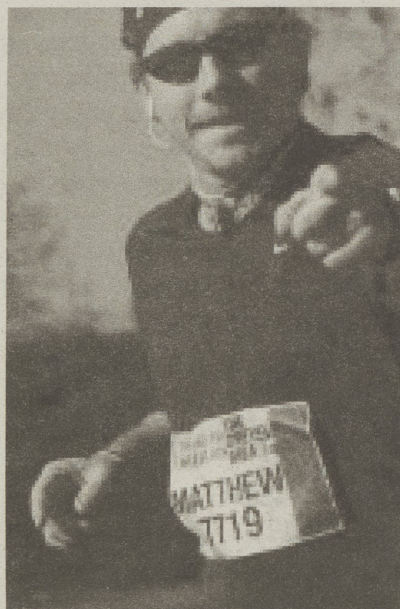
attend workshops and events like this to prepare for the job search process," Magrauer comments. Throughout her presentation at the Sweats to Suits workshop, Magrauer placed great emphasis on the face-to-face networking tactic, rather than "hiding behind a computer screen all the time." She knows first-hand that the direct interactions between you and an employer are great probability boosters to increase your chances of being hired. Reflecting on her experiences through job hunting, Magrauer says, "I know that it can be a stressful and, at times, frustrating period, but it's nice to hear other's stories and to know that you aren't in it alone."

The three workshops provided students with a wealth of information, but low student attendance to the workshops was unexpected. Coordinator of Career Services, Christine Allen is extremely interested in student feedback on how the workshops could attract more attendees. "We need to hear from students what we ought to do differently. In general, attendance has been very low for workshops, so we need to figure out what we could do differently to attract more students," explained Allen. From placing advertisements directly on the campus homepage to flyers around campus and email reminders, Christine Allen, Darrah Magrauer and the rest of the Career team advertised the Senior Sendoff Series extensively throughout campus. This year the Career Center even offered a prize to any student who attended at least two of the workshops, consisting of a zip-around binder/organizer, great for an interview to store copies of your resume, list of references, letters of recommendations and work samples. Reflecting on the prize idea, Allen says, "Perhaps if we had revealed the gift, we may have had a better turnout."

The Senior Sendoff Series will be offered again in April and during the interim, the Career Center strongly encourages students to offer them suggestions on how to improve the turnout and content of the workshops. To access the actual presentations used during the Sweats to Suits and Applying to Grad School workshops, visit http://bw.psu.edu/Academics/Advising/acs_jobinternshipsearch.htm

Dr. Shupp Takes a Run

By Jenn Knowlton – Lion's Eye Campus Editor – jak5450@psu.edu



(above): Dr. Matthew R. Shupp in action, Director of Student Affairs at Penn State Brandywine. Courtesy of Dr. Shupp.

Starting on 22nd Street and Benjamin Franklin Parkway, the course was a sprint through history and his own backyard. Penn State Brandywine's Director of Student Affairs, Matthew R. Shupp, Ed.D., NCC, DCC, ran the Philadelphia Marathon on Sunday, November 29, 2009. Dr. Shupp started competing in 2008, but began running in high school. In an attempt to better motivate himself he has run six half marathons.

Dr. Shupp, also known as "Shuppy," runs solely for enjoyment. Running has always been a stress reliever and relaxation technique for him. His friend was to be married almost two years ago, when Dr. Shupp started training to help him lose weight. With the wind in his face, Dr. Shupp feels a sense of accomplishment

through all his success thus far.

Filled with anticipation and anxiety, Shupp took the track Sunday where 10,000 people were registered for the event. As the race approached, Shupp became nervous, thrilled and excited for the race. Finishing in 5 hours, 38 minutes, and 20 seconds, "Shuppy" learned what he had done right throughout the race as well as his flaws. His favorite race yet was the Cherry Blossom Marathon in Washington D.C. as the trees bloomed with their wonderful pink flowers. He has won awards within his age group for 1st, 2nd and 3rd place along with an award or two simply because no one else showed up.

The most interesting race for Dr. Shupp was the McGuire Mud Run. Located on McGuire Air Force

Base it spanned six miles. "This race was like boot camp," Shupp had to belly crawl under barbed wire, run through creeks and climb walls in the cold winter. More races are to come for Dr. Shupp especially over winter break. He is going to be running in the Disney World Marathon from January 7th through the 10th. The marathon benefits the Leukemia & Lymphoma Society, which helps the fight against blood cancers. To wish Dr. Shupp good luck stop by the Student Affairs office on the second floor of the Commons building on campus.

If you would like to learn more about the Walt Disney World Marathon or make a donation to the Leukemia & Lymphoma Society please visit www.disneyworldmarathon.com.