



EL CAMINO COLLEGE CAREER CENTER



The Career Insight Spring 2017

IN THIS ISSUE

Welcome!

Hello El Camino Students, Prospective Students, Faculty & Staff,

Welcome to "The Career Insight", your semester peek behind the Career Center's Team and Hot Topics, filled with exclusive news, resources, tips, and more!

We are thrilled to announce the release of our "Career Insight". Each semester, the Career Center will be providing you with current news that impacts your major selection process, career selection, decision-making, trends in the new world of work, Career Center Activities and so much more!

It is our hope that you will find "The Career Insight" to be an engaging and thoughtful resource that contains useful information for application in your educational and professional lives.

Enjoy!

Dr. Yamonte Cooper

El Camino College Career Center coordinator



Narratives of the Undecided

Undecided on your major? You're not alone! Find out about the journeys your Career Center Staff took to find their direction.

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Success in the New Economy & Selecting the Right Career

Choosing a career can be an intimidating process but you can be successful! Learn about the Five Steps for Selecting the Right Major and Career.

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Who We Are & What We Do

By Lesley Meza, career & academic counselor

The El Camino College Career Center provides opportunities to learn about major and career options and current economic trends to make informed decisions about your major and career choice. Our services and resources include:

Drop-in advising: Speak to a career counselor or adviser for up to 10 minutes on a first-come, first-serve basis for feedback on your resume, go over career resources and/or get pre-screened for career appointments.

Counseling appointments: Schedule an individual appointment with a career counselor to discuss your major and career questions and goals in depth.

Career Assessments: Learn about the tools to enhance the process of discovering your interests, values, personality traits and strengths.

Workshops: Find out about the variety of workshops offered in the fall and spring semesters to help career development. Sample workshops include: Construct Your Career, Social & Behavioral Science: Helping Professions, Discover Your Major, Careers in the FBI, Networking/Job Search/ Elevator Speech, Social Media & Your Job Search!, Resume Writing, Interviewing Skills, and Careers in Government.

Spring Career & Major's Fair: Meet with faculty, counselors, and employers from different career fields and inquire about the many exciting careers and job opportunities.



This year our Career & Major Fair will take place from 10 a.m. to 1 p.m. Tuesday, April 25, on the Library Lawn.

Exploration Tours: Join educational career trips to different companies and industries with opportunities to network with professionals, go behind the scenes, ask questions, learn about current positions and internships opportunities, as well as gain practical advice about entering the field.

Fall 2016 Workshop Throwback!

Check out some of the Career Center workshops below and stay tuned for Spring 17 workshops...



Career counselor Melissa Brandan helps students discover their major with "The Party Game."



INROADS paid internships workshop booked to capacity!



Career counselor Ruth Vasquez leads a workshop on how to use social media to network and find a job.

FAST FACTS

75%

About 75 percent of students change their major at least once before graduation.

<https://dus.psu.edu/mentor/2013/06/disconnect-choosing-major/>

33%

In a survey of 2,000 bosses, 33 percent claimed they know within the first 90 seconds of an interview whether or not they will hire someone.

<http://jobshiring.careerco.com/steer-clear-6-job-interview-fails/>

70%

About 70 percent of employers claim that they don't want applicants to be fashionable or trendy for a job interview.

<http://jobshiring.careerco.com/steer-clear-6-job-interview-fails/>

FOR MORE INFORMATION

Visit the [El Camino Career Center](#), located on the First Floor of the Student Services Center in the Counseling Department

310-660-3593, Ext 6137

<http://www.elcamino.edu/student-services/co-career-center/index.asp>

Narratives of the Undecided

By Lesley Meza, career & academic counselor

Are you undecided? Be inspired through the narratives of the Career Center team.

The following narratives of the El Camino College Career Center counseling and advising professionals that support and serve you are published here to inspire and empower you to take action in your career and major exploration process. We too, know the journey of being undecided or frustrated at not feeling sure that you are heading in the right direction. The narratives that follow are presented here to affirm that each and every one of us has our own inner compass and when we trust it, we find our path. Enjoy these authentic narratives of self-discovery.

Ngozi Rasheda Akosia, EOPS career and transfer adviser

In my process of career and major exploration, I changed my major five times. What helped me decide on a major was understanding the themes of my life, which revealed my values, interests and desire to have a career that offered purpose and meaning through the service and guardianship of others. I became a social worker, earning both my bachelor's and master's degrees in social work. My greatest fear was believing in myself and overcoming the obstacles of my personal narrative of unworthiness, which came from earlier childhood abuse and the stigma of being a foster youth.

Anne-Marie Beck, adjunct career counselor

I started out at a community college when I was 21. I declared my major as "English" right away. During my second semester, I took an English literature class and hated it. Then I decided to major in journalism because I loved to write. However, I did not like having to abide by all the "rules" and structure of journalistic writing. I was much more of a creative writer, so I decided I needed to select another major. My best friend was an anthropology major (and loved it). Intrigued, I enrolled in an anthropology class. I, too, fell in love with anthropology and majored in it. As is apparent, when I was younger, I was an "impulsive decider." I made big decisions, without much forethought and investigation. I could have used the expertise and guidance of a career counselor, to help me navigate the process of making a decision about my major!

Melissa Brandan, adjunct career counselor

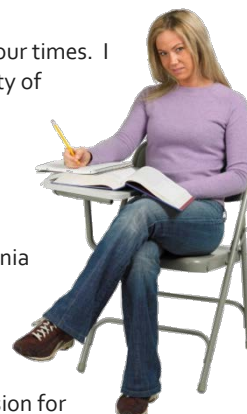
At age 13, I aspired to become an elementary teacher as I was always volunteering as a teacher's aide. In high school, I was interested in becoming a police officer or a nurse. As soon as I entered college and gathered more information regarding my interests, classes, and careers, I realized my passion was to help community college students find their direction.

Danielle Cameron, Career Center Student adviser

For me, choosing a major was a trial and error process. I started my college journey as a pre-med psychobiology major. As I began taking major requirements, I realized that science was not my strong suit, and I began to have second thoughts about continuing on this path. After meeting with a counselor and attending a Sociology 101 class, I fell in love with the major and decided to put my med school dreams on the shelf and focus in on an area that was much more interesting to me and where I was actually doing well in.

Tawnya Cola, Special Resource Center (SRC) counselor

I changed my major four times. I began at the University of Nevada, Las Vegas wanting to be an athletic trainer. I ended up leaving Las Vegas (home), transferring to California State University Northridge and earned my bachelor's degree in deaf studies. My passion for sign language and the deaf community steered me to obtaining my master's degree and working at ECC in the Special Resource Center. Being open to opportunities guided me to my vocation.



Dr. Yamonte Cooper, Career Center faculty coordinator and career counselor

As a child I wanted to be a firefighter, but once I got into high school my interests changed to the medical field and psychology/sociology. I became interested in becoming a dermatologist or podiatrist but soon realized that I was not motivated by math. I selected nursing as the next best thing but took microbiology and did not do so well. My EOPS counselor demonstrated an interest in my success and cared about me and my academics. I took notice and wanted to provide a nurturing space where I could invest in the success of other students as what had been afforded to me.

Lesley Meza, career and academic counselor

I was a first-generation college student who was very undecided about her major. I was both excited and scared to start college. I began my journey by taking courses from

different disciplines that I found interesting based on the course descriptions in the school's catalog. It was through sampling different courses that I came across global studies, which allowed me to merge all my favorite subjects like sociology, political science and Spanish into one. Everything about this major resonated with my interests and values. It felt right.

Ruth Vasquez, adjunct career counselor

Being undecided is not a bad thing. It is an opportunity to experience different possibilities. I was once on the road of indecisiveness and learned that "fears" are normal and understandable. Even though I was undecided about my major, I knew I wanted to help people, inspire, and make a difference. I met with a career counselor, who helped me discover potentials that I didn't know I had. After meeting with her and doing some research, I decided to major in psychology. It was quite a process, but now I

am doing what I always knew I wanted to do, which is help others.

Valencia Rayford, career counselor and Career & Technical Education counselor

At the age of 15 I became interested in psychology because all of my family and friends said I was a good listener. So when I graduated from high school I majored in psychology with the intent of becoming a psychologist. While in college I started tutoring at a psychiatric hospital working with students that were between 5 to 12 years of age. Although I was excited to be a psychology major working at this facility, I realized that this was not a long-term career for me and not a good fit. So after graduating with my Bachelor's degree in psychology, I knew I wanted to continue in the counseling field so I researched and applied to grad school majoring in career counseling and this turned out to be a better fit.

Success in the New Economy & Selecting the Right Career

By **Melissa Brandan, career counselor**



From the beginning of our life we have heard "education is key" in order to reach success. High school students have been geared toward attending a community college or a four-year university. Many have stated a higher degree secures high-paying jobs, job security, social mobility, and financial prosperity. Students are faced with the requirement to select a major, which has become overwhelming as it's looked as a predictor of your success. However, there is a misalignment. The major you select does not predict your success, but what you do with it becomes the pointer of your career compass.

Major and Career Misalignment

At community colleges we have four levels of education. You can earn an AA/AS/AS-T, transfer to a four-year college or university, obtain a certificate, or take classes for growth-life enrichment. The misalignment that many students face is not doing the research to find out what is needed in the world of work and how that aligns with a major. Education alone is not enough. Nowadays, more and more students understand this concept as our current graduates feel unprepared for work in this new economy.

From Classroom Skills to New World-of-Work Knowledge

How do we shift from being degree focused to skill focused? Start by switching off your mindset from K-12 thinking to a career driven mindset. Ask yourself what career you desire to pursue and what are the skills needed in order to be successful in the new world of work. Get started by looking at your classes, volunteer with part/full-time experiences and look for skills you can acquire in these experiences in order to get a step closer to a career.

Success in the New Economy & Selecting the Right Career(Cont.)

Five Steps for Selecting the Right Major and Career

By understanding yourself, interests, personality, values, and acquiring the skills necessary for the career of your choice, you will always remain a step ahead in your career search by setting goals and utilizing the college's resources like the Career Center and many more. It is important to understand and align your values, interests and personality in order to achieve career satisfaction. At the [Career Center](#) we call that the Five Steps for Selecting the Right Major and Career:

- [Self-Awareness](#)
- [Career Exploration](#)
- [Major Selection](#)
- [Job & Career Preparation](#)

By visiting our [Career Center](#) you are taking a step forward in self-discovery, gathering career preparation knowledge, and job search skills in order to prepare yourself for success in the new economy.

Dr. Yamonte Cooper, Editor

Danielle Cameron, Co-Editor

EL CAMINO COLLEGE

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