



February 2016

Seeking Donations for Student Career Closet

Student Life Career Counseling and Support Services often sees students who have difficulty affording professional clothing for interviews. We are holding a Career Closet event, where students in need can “shop” for free professional attire. Please consider donating your gently used professional clothes and shoes through Wednesday February 10. Drop off locations are at the Great Hall of the Ohio Union, the second floor of the Younkin Success Center and the fourth floor of Physical Activity and Education Services. For more information please contact Jennifer Nauman at nauman.35@osu.edu.



Interviewing

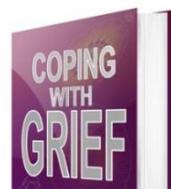
Additionally, please help us get the word out to students. Below is messaging that could be used:

Interviews are tricky, especially when you don't have the right attire to dress to impress. Student Life's Career Counseling and Support Services can help. Don't have the budget to purchase an outfit for an upcoming interview? Stop by our Career Closet event in the Dance Rooms at the Ohio Union on February 16, 10 a.m. – 2 p.m. We will have clothing, shoes, and accessories; everything you need to make a lasting impression, for free! Dressing rooms and mirrors will be available for your convenience. For more information, email Jennifer.Nauman.35@osu.edu.

Grief and Career

It is common for students to feel hurt, vulnerable and/or angry when they have not been accepted into their academic choice, offered the job they interviewed for or were denied admission to grad school. All too often, these losses also come with the loss of a professional identity, self-confidence, a career network, family support or even a sense of security. It indicates just how much students really care about their career choices.

While there is no right or wrong way to grieve, there are healthy ways to experience the pain that, in time, can renew and permit your students to move on. They can get through this challenging time by taking care of themselves, reaching out to others and taking the opportunity to fully explore who they are and who they want to be. Your role in this process is a supporting one. Stay present and state the truth being mindful that grieving cannot be fixed, repaired or solved. The hurting cannot be made better or taken away. Be reliable and offer your student relevant career information including a referral to Student Life Career Counseling and Support Services (CCSS) services. Our staff is trained to normalize this process while listening and attending to the students' career needs from a holistic and diverse sensitive approach. This is a unique opportunity to learn about themselves, their experience of loss and the wisdom that they can be transformed.



Resource - Coping With Grief

To learn more about career and grief, we invite you to read the following articles:

- [Assisting College Students with Career Planning after Denial of Admission to their Pre-Professional Programs](#)
- [Understanding Grief In The Context Of Job Loss & Lifestyle Adjustment](#)

First Generation Career Exploration Group

Student Life Career Counseling and Support Services will be hosting a Career Exploration Group for First Generation College Students. The eight week-long group is open to any first generation college student and will be held in the Younkin Success Center beginning in February.

The purpose of the group is to provide first generation college students a place to:

- Create a plan for after graduation
- Explore different career areas related to personality and interests
- Understand how family and values play a role in career decisions
- Use strategies to network and job shadow
- Get comfortable with the career decision-making process

If you have a student who may be interested in joining the group, please have them contact Ryan Wilhelm (Wilhelm.118@osu.edu) or Sara Meyers (Meyers.384s@osu.edu) to confirm. Space is limited.



Group meeting

Ready, Set, Schedule! How to Prepare Students for Scheduling

Scheduling is next week, I think I want to change my major, but I don't know what I want to do.

Many students utter these words as they start to plan for the next semester and are in an exploration stage of their career development. Sometimes General Education classes help students solidify what they love, but they can also help them realize what they don't love. Student Life Career Counseling and Support Services provides students a space to explore and learn about resources so that they can make educated career decisions.

Referring students to career counseling early in the semester will provide a much longer timeline for the exploration process prior to scheduling. When they come to CCSS early, we have the opportunity to assist with second-guessing and issues like fear of decision-making. Having a plan in mind allows for a better scheduling process, including more productive meetings with advisors and class choices. Ultimately, when students seem indecisive about what they might do with their major or uncertain about how much they are enjoying their classes, it can be a great first step in the semester to refer them to our career exploration services at CCSS.



Student scheduling classes

O*Net Career Exploration Tool

O*NET Online is a website used for career exploration and job analysis that we often utilize when assisting students. One can easily search for different occupations and receive summary reports for each job. In the summary report, the information is organized into multiple categories such as knowledge, skills, education requirements, interests, salary and related occupations.

With O*NET online, one can also conduct advanced searches by focusing on an area of interest or specific skill. For example, a student can search for jobs related to having knowledge of chemistry. A range of jobs is then displayed from chemists to fire investigators, allowing the student to learn about each job and compare and contrast each. O*NET is a great tool for students to start to gain more information about jobs and career clusters before diving in to deeper research. The web address for this resource is <https://www.onetonline.org/>.



O*NET logo

Thank you for taking time to find out what is happening with Career Counseling and Support Services. If you would like to unsubscribe from the email list please use the following link ccssnews-unsubscribe@lists.studentaffairs.ohio-state.edu. To subscribe please use this link ccssnews-subscribe@lists.studentaffairs.ohio-state.edu. Please feel free to forward to anyone we may have missed who might be interested in our services.