

OFFICE OF STUDENT LIFE
**CAREER COUNSELING
AND SUPPORT SERVICES**

May 2015

Thank You for a Successful School Year

Student Life Career Counseling and Support Services would like to thank you for your support and referrals during the past year. Over the past calendar year the small number of CCSS staff has served Ohio State's students through 2,550 individual appointments and 140 workshops and outreach events for over 7,400 students. Data is very important to us and we evaluate our workshops and appointments each year. In our most recent report, students responded to the questions of "Would you return to CCSS?" and "Was the counselor helpful" with an average score of 4.6 on a 5 point scale (5=Very Helpful). As we head into the summer and on to the next academic year we are always excited to hear new ideas and suggestions to continue enhancing our services. If you have any ideas or would like to partner for workshops, please reach out to CCSS at sl-ccss@osu.edu.



Brutus Buckeye
with students

Summer with a Purpose

Do you have students who have not found an internship or are looking for activities to further their educational or career goals during the summer? Have your students check out our guide to **Summer with a Purpose** to explore 6 great tips on how to make their summer as productive as possible. <http://www.ccss.osu.edu/posts/documents/summer-with-a-purpose-2014.doc>.

Help Your Students "Reality Test" their Careers this Summer

A vital piece of the career development process is reality testing. After students have explored their unique interests, personalities and values and have determined which careers and majors may be a good fit for them it is essential for students to confirm that their perceptions about their options are accurate. A great way to do this is through informational interviewing.

An informational interview is an interview that the student initiates for gathering information about an occupation or an industry in which they are currently interested. Though informational interviewing can be a good way to get information about a field, it also is a great way to build a network for seeking a job in the future.

You can be an invaluable resource for students when it comes to informational interviews in two great ways. The first is by being willing to discuss your career path candidly and helping students see the positives and negatives of your path as it may relate to their unique identity. Secondly, by allowing students to tap into your network of professional resources (and even recent students that you have assisted), their network of potential interview candidates expands greatly.



Students on the oval

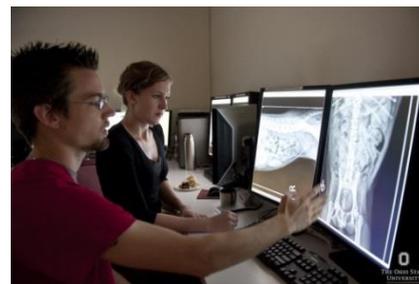
Please encourage your students to check out our recent informational interview with an alumnus, tips to reality test their ideas this summer and visit the CCSS office to discuss avenues to track down potential interview candidates. <http://ccss.osu.edu/undergraduates/explore-careers/learn-from-alumni/>.

Transitioning to the Workplace

The transition from student to professional can be a very exciting time for your students as they enter the workforce, arrange for living situations and try to maintain relationships. It could also be a time that may present some unique challenges. The first year in the workplace is a unique stage in your students' career development.

This OnPACE module will teach your students how to:

- explain the importance of professionalism in the workplace
- identify specific actions to take to manage their professional image
- describe why navigating organizational culture is important for success in the workplace
- describe types of managerial styles and strategies for succeeding with each of them
- identify their own conflict resolution style
- explain appropriate strategies for addressing conflict in the workplace
- locate additional resource for assistance with common questions related to the first year in the workplace



Students in computer lab

Encourage your students to visit Student Life's Buckeye Career OnPACE at <http://onpace.osu.edu/modules/> and consider including it in your classes and linking to it from your web site. Encourage your students to visit Career Counseling and Support Services on the 2nd floor of the Younkin. Students can make an appointment by calling 688-3898 and have all their career related questions answered for free by career experts. For more information on OnPACE contact: Dr. Ana C. Berrios-Allison at berrios.7@osu.edu

CCSS Receives Award

CCSS is honored and grateful to be the recipient of the 2015 *Outstanding Community Partner Award* for the Graduate Program in Clinical Mental Health Counseling in Counselor Education at The Ohio State University. We have been recognized for “outstanding dedication to the training and mentoring of counseling students in our program, your active involvement in the professional development of counselors, and your passion and commitment to enhancing the lives of the students that you serve.” The award was presented at the annual year-end dinner/reception for the counselor education program May 9, 2015.



Award

Like Us!

Have you heard that we are on Facebook and Twitter? We update our pages weekly with fun and helpful articles about some of the hurdles or experiences that students may be experiencing in their career life. Check our pages for topics that have ranged from tips on networking and internship searches, to inspiring articles and videos to help students through the career process. We will also post any career related events happening on campus such as crash courses to review resumes or career fairs throughout the semester. So check out our Facebook page at www.facebook.com/osuccss and our Twitter at @ccssatosu!



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.