

Upcoming Career Events:

- **Resume Workshops:**
February, 16th 2010
11:00 AM—12:00 PM
March, 8th 2010
4:00 PM—5:00 PM
- **Advanced Resume Workshop**
February, 25th 2010
1:00 PM—2:30 PM
- **Working It Out: GLBT Career Panel**
March 10th, 2010
2:00 PM
- **Spring Job Fair 2010**
April 6th, 2010
10:30 AM—2:30 PM
- **Sustainable Style Fashion Show**
April 27th, 2010
1:00 PM— 4:00 PM
- For more information and to register for workshops visit:
www.mscd.edu/~career
and click "Career Events"

Career Services Contact Information and Hours

Phone: 303-556-3664

Office Hours:
Monday—Friday
8:00 AM—5:00 PM

Location:
Tivoli Building Room 215

Website:
www.mscd.edu/~career

Walk-In Hours:
Monday: 4 PM—5 PM
Tuesday: 11 AM—12 PM
Wednesday: 3 PM—4 PM
Thursday: 2 PM—3 PM
Friday: 9 AM—10 AM

Career Services Overview

Did you know that the Office of Career Services offers *free* career help to Metro State students, alumni, faculty, staff, and even community members? We know that many of you are struggling with choosing a major or a career, finding a job, writing a resume and cover letter, or applying to graduate school. We also know that many highly qualified people are finding themselves in the unexpected (and very unpleasant) position of being out of work. We are here to help! We offer one-on-one appointments, workshops, and walk-in hours for quick questions. We also have a free library and research center that's open to the public for career and job research between 8:00 a.m. and 5:00 p.m. Monday through Friday, and we have recently started a job-search support group for Metro State alumni.

New Year's Resolutions

It's a new year, a new semester, and a new opportunity to get refocused on the future. A lot of people make New Year's resolutions but few follow through with them. It may be lack of discipline or unrealistic goals, or maybe it's just not what they really want to do. Whatever the reason, it's easy for students to fall into the trap of not keeping those resolutions.

Students understanding what they enjoy and applying it to what they study is the first step in accomplishing their future goals. Helping them take the knowledge they gain at Metro and guiding them into a career that will best fit their interests is always a challenge. I am no exception. It has been a long road to completing my education but as it nears an end I can finally see the rewards.

As a high school senior, I had no idea what I wanted to do with my life. I enjoyed music, playing my

guitar, watching sports, and socializing with friends. I had no one to challenge me to use my passions as a guide to my future. I went straight to college after high school and completely collapsed under the pressure of classes. With no clear focus I could not commit myself to my education. I took a few years off and worked, but I knew I needed to get back in school. I enrolled at Metro State in 2005, as a Music major originally, but after a slow start and still no clear goal in mind, I found myself lost once again.

Most of our services are free to current Metro State students, faculty, and staff, and very affordable for alumni and community members.

For more information, call us at 303-556-3664 or register on Metro State JobLink from our website, www.mscd.edu/~career. You can also find us on Facebook. Just log on and search "MSCD Career Services" to become a fan!

Emily Frank
Career Counselor

I am a senior now, working on a major in Marketing. Currently, I am taking the education I have received and matching it with my interests to find the best internship possible to complete my goals. Taking all of my interests and matching them with different internship opportunities has been difficult, but with help and

support from Metro State professors and Career Service staff I have started to put the pieces together. I have come to find that a career in Sports Marketing is what I want to do. I know I will succeed because I found a way to use my creative ability, my passion for sports, and my communication skills, to perform job tasks required in this industry.



Happy New Year!



Juggling work and classes over the last five years has been very trying, but with each bump in the road has been a new opportunity. Some people call their goals resolutions but I call them a way of life. There is still a long journey ahead but with a little guidance and focus, anything is possible.

Jesse Freitas
Student

Know any students or alumni that want to write about their career experiences? Please have them contact Sarah Senter at 303-556-3664.