



CAREER & JOB OPPORTUNITY CENTER  
American River College

4700 College Oak Drive, Sacramento, CA 95841 (916) 484-8492

Volume 1. Issue 6

February 2008

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- Internships
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**Coming Events for Spring 2008**

<b>Career Exploration Day:</b> 12:00 - 1:30 pm Cafeteria Banquet Rm 2&3	<b>Feb</b> 27
<b>CA State Job Fair</b> 9:00 am - 12:00 pm Student Services Bldg	<b>Mar</b> 27
<b>Resume Evaluations</b> 9:00 am - 7:00 pm Career Center	<b>Apr</b> 15 16
<b>Career Talk:</b> <b>Human Services</b> 12:00 -1:30 pm Ranch House	<b>Apr</b> 23
<b>Internship Student Panel:</b> 12:00 - 1:30 pm Bookstore Quad	<b>May</b> 8

**Office Hours:**  
**Monday, Thursday & Friday**  
**8:00 a.m. – 5:00 p.m.**  
**Tuesday & Wednesday\***  
**8:00 a.m. – 8:00 p.m.**  
*\* when classes are in session*

**Careers to You**

Services for Students and

**Coming Soon!**

**Career Exploration Day**

**February 27, 2008**

**12:00 - 1:30 pm**

**Cafeteria Banquet Rooms**

The Career Center at ARC is launching a new idea for the Spring 2008 semester called Career Exploration Day. We plan to bring together a panel of representatives from five disciplines offered at ARC. The panel of five faculty members will be spokesmen or women for their particular major.

This semester, the panel consists of the following five majors: **Art New Media, Electronics Technology, Funeral Services, Geography (GIS) and Music.**

We plan to make this an annual spring event, whereby we invite a panel representing five different majors each year. The presentation will include information about key aspects of the major, related careers, job outlook, etc., and to answer any questions students may have regarding the majors. The event will take place on **Wednesday, February 27, 2008, from 12:00 to 1:30 p.m.** An hour and a half allows each panel member approximately 15-20 for their presentation.

**INTERNSHIPS:  
A WAY TO YOUR CAREER!**

Did you know that employers see internships as an effective way to identify and hire talent? Attend one of these workshops and learn why internships are such an important step towards your dream career. The workshop will also explain how to obtain an internship through the

Co-op Work Experience & Internship Program.

Open to all majors. Don't miss this, your future depends on it!!!

**February Workshops:**  
Tues, Feb 5th 5-6 pm  
Mon, Feb 11th 10-11am

**A Path to Discovery  
By Ellen Bu**

What am I here for? What should I do with my life? These are some of the questions that at some point any person asks him or herself. We start asking these questions especially while in college where we embark on a path of self-discovery. Can intuition really help guide us in the right direction and help with this self-discovery process? When we get stuck in a rut with our career planning process this might be an option.

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**ARC Co-op Work  
Experience &  
Internship Program**  
Career Center, Student  
Services Building

For an appointment, contact 916-484-8182 or email:  
Connie Ayala at  
AyalaC@arc.losrios.edu

Renata Clem at  
ClemR@arc.losrios.edu

Joy Baldwin at  
Baldwij@arc.losrios.edu

Marc Boele at  
Boelem@arc.losrios.edu

Adan Chaidez at  
Arc\_intern@yahoo.com

### Workshop Schedule

#### Resume Development:

Tue, February 5	2:00- 3:00 p.m.
Tue, February 12	6:00- 7:00 p.m.
Wed, February 13	10:00-11:00 a.m.
Wed, February 20	6:00 - 7:00 p.m.

#### Interview:

Tue, February 26	1:00- 2:00 p.m.
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#### Career Center Overview:

Wed, February 6	6:00-7:00 p.m.
Tue, February 12	10:00- 11:00 a.m.
Wed, February 20	5:00- 6:00 p.m.
Tue, February 26	3:00- 4:00 p.m.

#### Internship:

Tue, February 5	5:00-6:00 p.m.
Mon, February 11	10:00-11:00 a.m.

about money and “what a good and practical career” it was. Thus, I worked at this major for two years and got very burned-out as a result. At that point I was not really sure what I liked anymore, just because I stopped listening to that inner voice. And then something happened, something that changed the course of my life forever. I got rejected from one of my top choice schools... back then I thought it was the most horrible thing that could happen to me. I honestly felt like a loser, all of that hard work for nothing... I honestly did not know what to do next... Fortunately, I came up with a plan B. So, I did move on, and I finally started listening to my intuition, inner voice, or the deeper voice inside of me. It was difficult to put aside my “logical self” or “social self” and once and for all do something that I really wanted to do, which was “to listen to my heart” and major in psychology. I must say this has been one of the wisest decisions that I have ever made. I was not sure where this path would take me and I was not sure that I would be able to listen to my inner voice because back then I thought it would be a ridiculous idea to change majors at that point. I guess the challenge was that I did not have a plan anymore. I did not have steps B, C, D, and E worked out - I just had step “A” and nothing more. But eventually I just knew that I had to major in psychology and do something with children. I have learned when following your intuition there are no “should’s” or “have to’s”; it can be described as a feeling of lightness, happiness or joy. It is really difficult to try to describe the feelings of intuition, because it might feel different for every person. Once I started to listen to my intuition, everything started to fall into place. During my struggle with my logical mind, I took several HCD classes that helped me find out more about myself.

In addition, I did career counseling which helped me discover deeper passions within myself. Through this experience I was able to connect with the voice inside of me... that voice that always was trying to tell me from the very beginning what to do with my life. I decided to be a “lab experiment” and just follow it. I am now attending UC Davis and after taking some psychology classes and seeing the difference in the level of passion and enthusiasm I have compared to the business classes, I decided to change my major. Switching majors and finally majoring in psychology may seem like a crazy thing to do halfway through the Managerial Economics major. However, if I start thinking about it, did I want to make a commitment of 20-30 years of my life working at a job that I hate and to go through the checklist everyday asking myself why I am doing what I am doing...?

I guess a suggestion that I could give to someone in my situation is - if there is something you really love doing - do it! (But make sure to be reasonable too!!! ) I found that happiness really comes from within; it comes when I can use my gifts and talents and not make myself be someone that I am not. I must say it was difficult to take the first step - but the more I listen to my inner voice, the more courage and confidence I receive which lets me know that I am on the right path. Of course, it was hard to get my parents to be okay with my decisions, but it happened.

Good Luck! Make the right decisions for you, and do not let anything stop you from being happy!!!

### A Path to Discovery

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Thus, it happened to me, and I decided to just give it a chance and see what might happen. My story is not any different than any other story that you hear on college campuses. However, even though it might be similar to some, we are still all unique individuals. After High School I was not sure what to do with my life... so I decided to go to American River College and explore my options. I always knew I liked psychology; however, I was too afraid to admit it and listen to my inner voice. Instead I decided on a business major because I thought I could get a practical and stable job and make lots of money. I really thought that this might be the right career for me. However, something inside of me kept telling me that this might not be the right path. While taking business classes I felt that I had to rationalize and tell that “something inside of me feeling” all the reasons and arguments why it might be the right path for me. I found it interesting to realize that every time I heard the word “psychology” I got excited and whenever I heard the word “business” I immediately went “into my head” and thought

#### **ARC Career Center Counseling:**

Career counseling appointments are available to ARC students who need assistance choosing a major and making informed decisions about their future careers. Students enrolled in at least 1 unit for the spring 2008 semester may schedule a one-hour appointment.

Please call the Career & Job Opportunity Center at 916-484-8492.

These one-hour sessions are available on:

#### Monday

10:00 a.m. – 3:00 p.m.

#### Tuesday

4:00 p.m. – 8:00 p.m.

#### Wednesday

9:00 a.m– 4:30 p.m.

#### Thursday

12:00 p.m. – 4:00 p.m.

#### Mission Statement

**To educate and support students, staff and faculty in the exploration of interests, skills and opportunities. To facilitate career related development and success.**