Career Center aids seniors

By Lori Steinhauer Of the Emerald

While freshmen are trying to master the ropes of University life, seniors and graduate students are preparing to step out of their comfort zones here and into the ranks of "the real world." Leaving behind good friends and memories, and finding the right place to create new ones can cause tension.

Some students are searching for employment, with career goals not yet defined. Others have landed jobs, but must kiss girlfriends or boyfriends goodbye and move on to another city. Still others are suffering from anxiety about taking graduate school entry exams.

The University provides services for both practical advice and emotional support regarding these issues.

The Career Planning and Placement Service, located at 244 Hendricks Hall, is "working with graduating students at the UO to help them get jobs, and helping lower division students plan their education for a satisfying career," director Larry Smith says.

"Probably the single-most stated issue for students who are getting into graduation mode centers into the kind of work they're going to do," he says.

In addition, not knowing the requirements of a given position can add stress to searching for a job, he says. But whether job expectations are specific or undefined, beginning to search for employment can be "scary," until students have identified the actual companies they will send resumes to.

"It's hard to write a 'to whom it may concern' story," he says.

To define job skills and interests, students can take a Career Assessment test at Career Planning and Placement. Another source for direction in the work field is the Career Information System, at 686-3872.

The Career Planning and Placement Service matches graduating students with prospective employers throughout the nation via the Employment Register, which provides employers with the names and addresses of students who will be seeking work, and employer directories, listing companies that have job openings.

In addition, businesses recruit students for employment by scheduling a day of inter-

and Placement Service. Students can consult the public service announcement section of the Emerald for a list of scheduled interviews, and sign up for a half-hour meeting with the companies they are interested in. To schedule an appointment students must bring their resumes to Room 244 Hendricks Hall beginning at 7:30 a.m. the Wednesday prior to a company's recruiting day.

To improve interviewing skills, students can pick up an evaluation, filled out by the interviewer, the day after the appointment at the Career Planning and Placement Service.

In addition, the Service conducts weekly workshops on interviewing skills, resume writing and job-searching strategies. The workshops may be followed up with individual counseling.

Also "College to Career Job Finding Strategies" is offered by the counseling psychology department, and combines all these strategies into a fourweek, non-graded, one-credit

The Learning Resource Center, at 686-3226, conducts preparatory workshops for seniors who will be continuing their education.

"Normally if they're going to go into the master's program they have to take graduate school entrance exams," Becky Couch-Goodling, Administrative Assistant of the Center says.

Couch-Goodling commonly sees students who have not studied a certain subject, such as math, since high school and are nervous about mastering the questions in that area on the entrance tests.

But annual surveys indicate that the University's graduating seniors are getting placed in jobs and graduate schools. Of 60 percent of the June 1982 graduating seniors who responded to a questionnaire, 80 percent said they had found jobs. Of those who responded, 60 percent were working fulltime, while 20 percent had parttime positions, and 26 percent were attending graduate schools.

"Separation anxiety," is a problem that University Crisis Center director Sue Snyder often sees among the graduating University population. "Having to leave a place where their

unknowns of the future, and that's where questions about relationships come up as well," Snyder says.

Graduating students involved in relationships are often troubled over deciding whether to stay and pursue the relationship or to pursue a job search in a more hopeful employment market.

"The primary need people have at that point is to talk it through and then look at the options and the crisis counselors can be real helpful at that," Snyder says.

The University Crisis Center at 686-4488, and the Student Health and Counseling Center at 686-3227 both offer information and counseling.

However, Snyder says she doesn't hear too much from people graduating from the University.

"We really don't get a lot because I think most seniors and graduates tend to go to their departments and Career Planning and Placement," she says.

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