

# INTOUCH

with Career Planning and Placement

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## Career fears can be conquered

Meet Sophia Sophomore, your average University Duck. She's successfully finished her first year of college, but is still very unsure what her major will be. She's not even sure what interests her yet. Where do I go for help? she laments. What if there's nothing out there for me and I'm wasting my time in college?

Then there's Jonas Junior, who is pretty sure of the direction he wants his career to take. Now he needs to know the specifics of his career choice, such as the ever-important salary averages of the profession. Also, he asks, how should I go about getting an internship in my chosen field? Do I have to have connections or is there another way?

Finally, we meet Stanley Senior, who after four some-odd years is ready to finish school and step into the real world. He is set on a career choice and is confident of his ability in the field; now he just has to get into the field. So he asks himself, what is the easiest way to get a real job? Like Jonas, he asks, do I have to know somebody or what?

If the questions that any of these students are asking sound like ones you have asked yourself, the Career Planning and Placement Service may be just the ticket out of the land of confusion. CPPS, located in Hendricks Hall on campus, provides an abundance of services to students who are at the very least just mulling over their future after college.

For those who are still unsure about choice of major, or that the major they chose isn't quite right for them, the Career Assessment Program at CPPS is specifically designed to aid in that problem. The program uses four standardized tests to help the person determine their career interests, values and skills.

Orientations for the Career Assessment Program are held each Tuesday at 2 p.m. Individual counseling is also provided by the experienced professional counselors at CPPS, who each have different areas of expertise career-wise.

For students wanting to go a step further in determining the specific career for them, CPPS offers a three-credit special studies course that helps students develop a custom designed career plan.

For those like Jonas Junior, who have decided on a career direction and are now concerned about the specifics of the job, the Career Library in room 221 may hold the answers. The library provides salary information, job requirements and other needed answers for more than 40,000 career options.

The confusing process of obtaining an internship can be simplified by a visit to CPPS. Students with majors or minors in the College of Arts and Sciences are selected each term through CPPS for internships with private and public employers in the area. Upper division credit for the internships is awarded through



the Division of Counseling and Educational Psychology.

Surely Stanley Senior has been helped by the CPPS at some point in his college career, right? Regardless of whether he has in the past, now is a prime time for him to pay CPPS a visit. Every week, the CPPS holds employment workshops on such topics as resume writing and interviewing skills. Workshop times and sign-up sheets can be found at the CPPS office.

A crucially important CPPS service to those like Stanley is the office's campus interview program. More than 170 organizations come to the University every year to interview graduating seniors for career po-

sitions. A schedule of recruiters from organizations such as business, government, and education is posted in room 244 of Hendricks Hall.

A priority bid system is set up to decide on eligible students for interviews, and orientations for the bidding process are held at the beginning of each term.

Now Sophia, Jonas and Stanley have some answers to the questions they were pondering over, or at least they know where to find the answers. The services at CPPS can certainly help our students to plan their futures after graduation; of course, it's still up to them to graduate.

—Darla Jackson

## CAREER PLANNING & PLACEMENT SERVICES



244 Hendricks Hall  
346-3235  
University of Oregon

### Here are just some of the services and resources that Career Planning and Placement Services provides to the University community:

#### CAREER ASSESSMENT PROGRAM

Career tests to clarify your interests, values and skills. Orientations held each week on Tuesday at 1:30 PM, or by appointment.

#### CAREER LIBRARY

A specialized library of occupational information, annual reports, and employer directories as well as numerous job search and job skills development books. Room 221 Hendricks Hall.

#### INDIVIDUAL COUNSELING

Explore individual questions and concerns with professional career counselors. Call to schedule an appointment.

#### CAREER DEVELOPMENT & INTERNSHIP PROGRAM

Earn upper division credit and valuable experience through internships in off-campus placements. For students with majors or minors in the College of Arts and Sciences.

#### RESUME & INTERVIEW WORKSHOPS

A resume writing or interviewing workshop is offered every week. Call CPPS at 346-3235 to verify workshop schedule.

#### DROP-IN COUNSELING

Brief ten minute sessions available on a drop-in basis from 1:30-3:30 daily.