

Career Development Workshop Series

For refreshing skills, updating knowledge

A series of career development workshops will be offered at Marylhurst University the first Tuesday of each month through May, from 4:30 to 6 p.m. in BP John Administration Building, Room 200.

Each workshop is \$15 with Marylhurst students and alumni free. To register, call Marylhurst's Career Services office at 503-699-6271.

"Each workshop is designed to refresh your skills and update your knowledge," said Lynn Brown, career services coordinator. "The topics covered will address many of the essentials for success in today's dynamic job market such as tools for enhancing your confidence and flexible solutions for career transitions."

Dec. 6: Working for a Non-Profit Organization

Meet employers from well known non-profit organizations in the Portland area. Hear inside information about getting hired

and working in this sector of the workforce.

Jan. 3: Career and Life Planning

Take a holistic look at your career. What does it look like to have your career and your personal life integrated and balanced? Talk with individuals who've achieved success by shifting priorities and making changes.

Feb. 7: Becoming a "Free Agent" in the Work Force

Prepare to become a free agent. Investigate how your transferable skills can be developed and marketed to employers. View your skills from a new vantage point and assess your career potential.

March 7: Reinvent Your Career Image

How do people know what you do? Learn simple techniques to create and project a professional image of yourself as you transition from school to work, or from one career to another.

April 4: Develop a Functional

or Skill Based Resume

Using the concept of transferable skills, build a functional resume template that converts a historical, experienced-based resume to one that showcases your skills and gets you the interviews you want.

May 2: Job Seeking Skills for Reentering the Workforce with a New Degree

Preparing to graduate and reenter the workforce with your new degree? Learn how to create a career action plan, resume and cover letter. Review networking methods and practice your interviewing techniques.

Marylhurst is located 10 minutes south of Portland on Highway 43, offering professional certificates and degrees for undergraduate and graduate studies. The college is rated No. 1 in the Pacific Northwest for small class size according to U.S. News & World Report.



Career Opportunities

The City of Vancouver values a diverse workforce and endeavors to provide equal employment opportunities to all individuals.

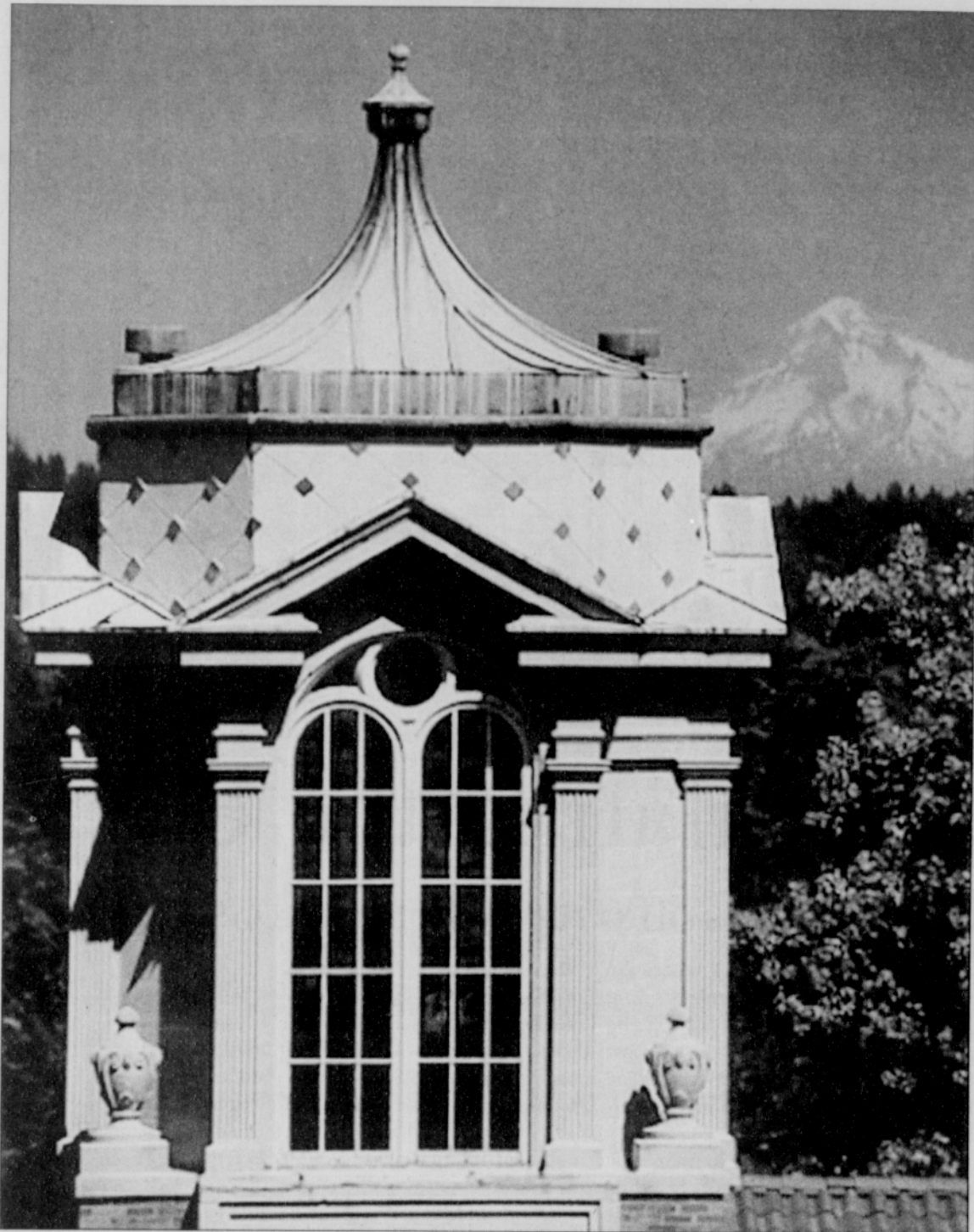
The City offers employment for a wide-range of positions for a variety of departments including:

- Parks and Recreation
- Public Works
- Police and Fire Departments, and
- Other support Departments

For details please see our employment website at www.vanhr.org, call our Job Hotline at 360-696-8128 or visit Human Resources at 610 Esther St., Vancouver, WA 98660.

The City of Vancouver is an Equal Opportunity Employer and a Drug and Alcohol-Free Workplace.

College Credit Given for Life Experience



Marylhurst University is located 10 minutes south of Portland. The school offers a program giving students college credit for life experience outside the classroom.

Discover how knowledge gained outside the classroom can earn up to 45 undergraduate college credits at a free Prior Learning Assessment information session at Marylhurst University on Thursday, Nov. 17, from 6:30 to 8 p.m. in the college's BP John Administration Building, room 200.

"PLA can significantly reduce the cost and the length of time it

takes to earn a bachelor's degree," said Melanie Booth, director of Marylhurst's Learning Assessment Center.

The program provides structure and support for individuals as they evaluate and document their skills, abilities and experience.

"It utilizes an accredited process to assess areas such as corporate training, on-the-job experience,

homemaking, military training, volunteer activities, independent research, seminars and workshops," Booth said.

To register for the PLA information session, call 503-699-6260 or toll free at 800-634-9982, extension 6260 or e-mail pla@marylhurst.edu. For more information, visit www.marylhurst.edu.

WHEN QUITTING IS NO LONGER AN OPTION, YOU'RE HALFWAY THERE.

IT'S NOT ABOUT HOW FAST YOU RUN, OR HOW FAR IT'S ABOUT HOW YOU FEEL WHEN YOUR BODY'S ON EMPTY AND YOU HEAR A VOICE BELLOW THREE MORE MILES YOU THINK OF ALL THE EXCUSES YOU'VE MADE IN YOUR LIFE, BUT IN YOUR HEART, YOU KNOW THEY STOP HERE.

1-800-MARINES
WWW.MARINES.COM

Diverse Workforce Wanted at Fred Meyer Strives to be community employer of choice

Fred Meyer Stores is striving to increase the diversity of its workforce by increasing the awareness of opportunities in retail and then making those opportunities attainable for future workers.

Tiffany M. Brandreth, Fred Meyer diversity initiatives coordinator, said the goal is for all of its associates to see retail as a viable career option.

Retail is an exciting, fast-paced field that is ideal for the motivated, results-oriented individual who enjoys a challenge and enjoys working with people, Brandreth said.

The field is often overlooked by many potential leaders because most are unaware of the options and opportunities.

Brandreth said career development is an integral aspect of the culture at Fred Meyer, so associ-

ates' desires to advance are fostered and nurtured through our proven, successful career-opportunity model that incorporates training, resources, and tools.

Several programs are in place enable store associates to pursue a successful career in retail. It begins with our highly reputable College Summer Internship Program, an 11-week program where students are compensated plus earn college credit while receiving hands-on training, attending professional development classes, networking with senior executives, gaining insight into corporate management, and contributing to Fred Meyer business strategies.

Internships are available in store management, advertising, merchandise buying, finance, food/nutrition, human resources, information systems, industrial engineering,



Tiffany Brandreth

and product development. For those already employed with Fred Meyer or thinking about employment at the company, there is a self-paced career development program which encourages our associates to develop their

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Fred Meyer

We're looking for college juniors to work this summer in the dynamic world of retailing as a Summer Intern with Fred Meyer at our Corporate Office in Portland, OR!

You'll experience how a major retailer operates from all angles in an extensive eleven-week program by gaining a clear understanding of business management, customer service, merchandise management, & associate team building!

Qualifications include: Junior year standing with a 3.0 GPA or higher, graduating by December 2006 or Winter/Spring 2007, a Business, Liberal Arts, or related field of study, and be eligible to work in the U.S. now and on a permanent basis after graduation.

Compensation/Schedule: \$12.00/hour, 40 hour work week, 11 week program (June-August/September) and college credit is available.

To apply send your resume & letter of interest that lists the type of internship(s) you are seeking.

Advertise with diversity in
The Portland Observer