

# College Graduates Prepare to Build Lives

## Tips for kicking off successful, rewarding careers

This spring, 1.4 million new college graduates will be flooding into the job market after receiving their diplomas. The good news is that it is the strongest job market we have experienced in five years. The bad news is that many of these graduates will be unprepared to begin building their careers successfully.

"Career counselors on campus don't necessarily give graduates the tools they need to build rewarding careers," says Wendy Adams, a career coach. "Some predict that we will have the most unskilled, unprepared workforce in professional history. If the individuals entering into our workforce do not feel personally empowered and equipped for success, both they and the organizations they support will suffer."

Adams, with her husband Gene Pometto, penned the re-

cently released book, *The Coach Compass, Navigation Tools for Career and Life Success*. She makes the point that recent grads need to formulate some kind of strategy before embarking on their careers.

"Grads should have a detailed career plan in place," she says. "While much of the advice for graduates focuses on landing that first job, unfortunately not enough of it focuses on building a satisfying career."

Adams says it's important for recent grads to realize that a job is not a career and should not be viewed as such.

"A common mistake is that graduates focus too much on the job, while overlooking the essential elements that could lead to a more fulfilling career. Focus on the whole and not just one of the parts. You can really choose how successful you want to be, by clearly defining who you are, what you do, and what

you want. It's not what happens to you, it's what you make happen!"

Adams advises graduates to pursue a career that makes the best use of their talents and passions.

"As you ponder the next big step in your career, weigh it in terms of how it satisfies you both personally and financially,"

she says. "The most meaningful work is work that allows a person to express his or her authentic self."

Some of her suggestions for recent graduates: Decide what you want out of your career and draw up a plan "on paper." Articulate and map out what you have to offer potential employers. Use your personal connec-

tions with professors, business associates and even your parents' friends in order to promote your value and expand your reach.

To the question "How successful do you want to be?" Adams and Pometto say: "You decide." The future is literally in the hands of our graduating students and it will be up to them

to decide where they want to go from here.

"While parents, peers, teachers and mentors may have had to opportunity to encourage you to develop to certain preferences, skills and interests, you are ultimately the one that will need to address the barriers that prevent success from happening," says Adams.

## Careers Group Honors Leader

A trades group dedicated to the professional development and career advancement of women in the transportation industry has named K.C. Cooper as Women's Transportation Seminar Member of the Year.

Cooper was honored for her long-term service to the organization, most recently as the organization's programs chair, securing speakers such as Oregon Gov. Ted Kulongoski, Washington State Rep. Deb Wallace and Portland Mayor Tom Potter during a series of 19 professional development and luncheon events in 2005-2006.

"WTS is a dynamic group that's always willing to try new things," she said. "Besides its variety of topics and speakers, WTS is great for networking. I've met decision makers, people in various parts of the transportation industry, and others that I might not have had the opportunity to connect with otherwise. It's also satisfying to help young



K.C. Cooper, Women's Transportation Seminar Member of the Year, is pictured here at a luncheon event at the Women's Transportation Seminar.

Although 81 percent of its Portland/Vancouver membership is female, men are welcome to join in order to profit from the organization's technical programs, career support, and networking opportunities.

Cooper is employed as the public involvement manager for the JD White Company.

## Youth Career Expo at Coliseum

*We want our students to know that if they work hard to get a quality education, then high-skill, high-pay jobs are within their reach.*

— Steve Olczak, director of high schools for Portland Public Schools

Students throughout the metropolitan area are invited to learn about potential careers in metals manufacturing, construction and healthcare at the Northwest Youth Careers Expo, Thursday from 9 a.m. to 2:30 in the Exhibit Hall at Memorial Coliseum.

The free event is sponsored by Gunderson, Inc., Madden Industrial Craftsmen, PCC Structural, Inc., and the Portland Development Commission, and coordinated by the Metals Industry Consortium, Oregon

Building Congress, Portland Workforce Alliance and the Manufacturing 21 Coalition.

"We want our students to know that if they work hard to get a quality education, then high-skill, high-pay jobs are within their reach," said Steve Olczak, director of high schools for Portland Public Schools. "We are excited that local employers are working with Portland Community College to inform our students about how they can get access to those family wage jobs."

## Registration at Mt. Hood

Summer term registration for students new to Mt. Hood Community College begins Wednesday, May 17 for classes starting June 26. Returning students may register for summer classes on Monday, May 15 by logging onto mhcc.edu or by accessing touch-tone registration at 503-

491-6000. Anyone new to the college who is taking six or more credits is invited to come to the Student Services offices at the MHCC Gresham campus to submit an admission form. The application is also available on the college's website and can be faxed to 503-491-7388.

# Ingredients for life. SAFEWAY

<p><b>4.99</b> lb CLUB PRICE</p> <p><b>Rancher's Reserve Angus Beef Ribeye Steak</b> Bone-in. SAVE up to \$4.50 lb.</p>	<p><b>1.49</b> lb CLUB PRICE</p> <p><b>Manor House Boneless Skinless Chicken Breast</b> Sold in 4-lb. resealable frozen bag @ \$5.96 ea. SAVE up to \$4.03 ea.</p>
<p><b>FREE</b> CLUB PRICE</p> <p><b>Jennie-O Turkey Store Lean Ground Turkey</b> 20-oz. SAVE up to \$3.99 on 2</p>	<p><b>2.99</b> lb CLUB PRICE</p> <p><b>Fresh Cooked Shrimp</b> Perfect for salads. SAVE up to \$3.00 lb.</p>
<p><b>99¢</b> lb CLUB PRICE</p> <p><b>Fresh Asparagus</b> Northwest grown. SAVE up to \$2.00 lb.</p>	<p><b>88¢</b> lb CLUB PRICE</p> <p><b>Gala Apples</b> Large size. SAVE up to 6¢ lb.</p>
<p><b>2.50</b> for CLUB PRICE</p> <p><b>Fresh Blueberries or Blackberries</b> 4.4 to 5.6-oz. container. Club Price: \$2.50 ea. SAVE up to \$2.98 on 2</p>	

## Make May 14th a very special Mother's Day!

A Dozen Roses is 14 stems

<p><b>\$9.99</b> EVERYDAY LOW PRICE</p> <p>Item available at stores with Floral.</p>	<p><b>2\$7</b> for CLUB PRICE</p> <p><b>12-Pack Pepsi Fridge Mates</b> 12-oz. cans. Selected varieties. Club Price: \$3.50 ea. Plus deposit in Oregon. SAVE up to \$2.98 on 2</p>	<p><b>FREE</b> CLUB PRICE</p> <p><b>Doritos Tortilla Chips</b> 13-oz. Selected varieties. SAVE up to \$3.49 on 2</p>	<p><b>FREE</b> CLUB PRICE</p> <p><b>Tree Top Apple Juice</b> 64-oz. Selected varieties. SAVE up to \$3.21 on 2</p>
<p><b>1.98</b> EVERYDAY LOW PRICE</p> <p><b>Dairy Glen Milk</b> Gallon. Whole, 2%, 1%, or Fat Free.</p>	<p><b>6\$12</b> for CLUB PRICE</p> <p><b>Lean Cuisine Meals</b> 6 to 11.50-oz. Selected varieties. Club Price: \$2.00 ea. SAVE up to \$10.74 on 6</p>	<p><b>7.99</b> CLUB PRICE</p> <p><b>Clos Du Bois, Gallo of Sonoma or Chateau Ste Michelle</b> 750-ml. bottle. Selected varieties. SAVE up to \$4.12</p>	
<p><b>FREE</b> CLUB PRICE</p> <p><b>Lucerne Large Eggs</b> 18-ct. Grade AA.</p>	<p><b>4.99</b> CLUB PRICE</p> <p><b>Lucerne Shredded or Chunk Cheese</b> 32-oz. Selected varieties. SAVE up to \$2.00</p>	<p><b>3.99</b> ea CLUB PRICE</p> <p><b>Chicken Strip Meal</b> Includes 3 Chicken Strips, 1/3-lb. JoJo Potatoes and Small Drink. SAVE up to \$1.00 ea.</p>	

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